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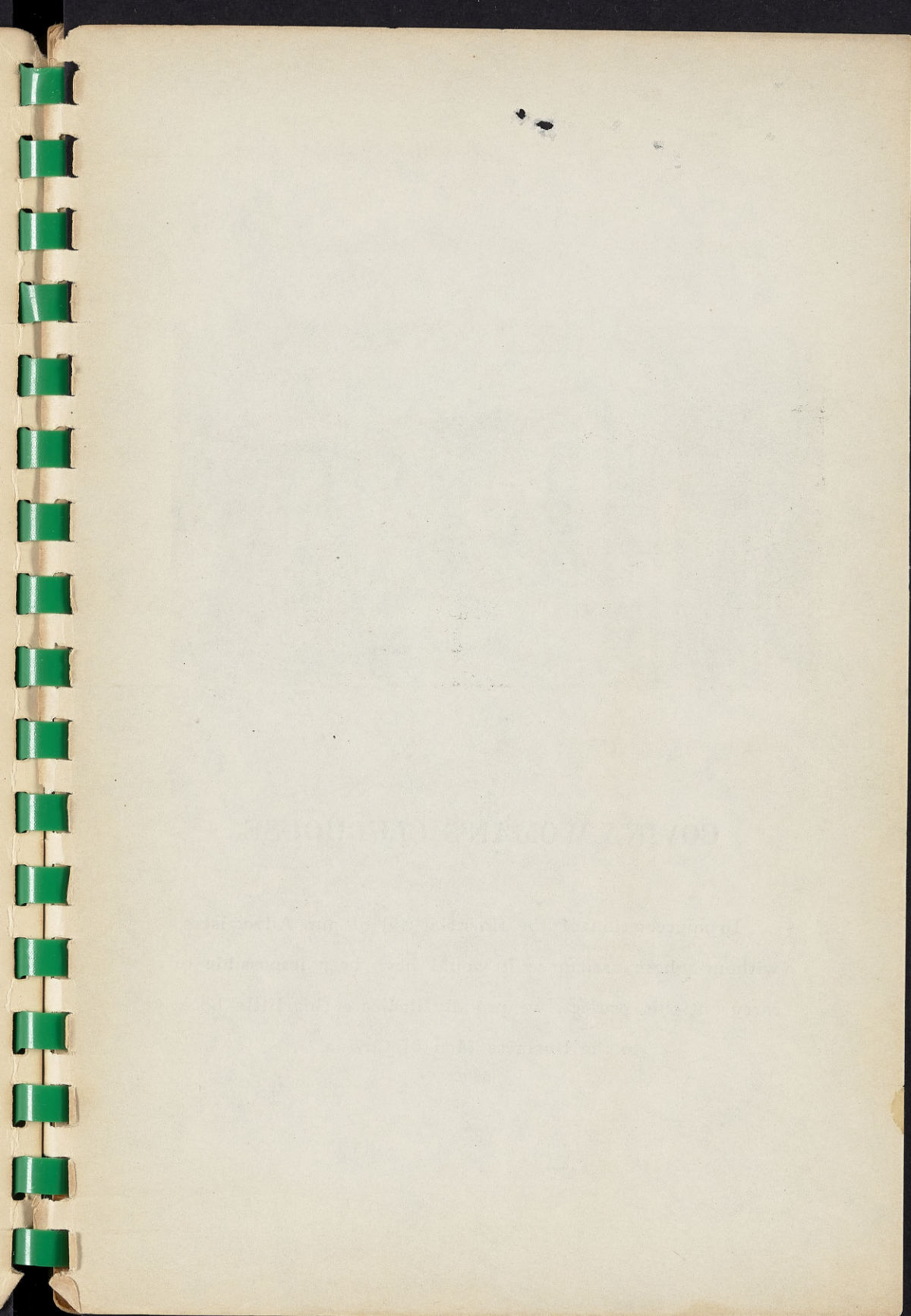
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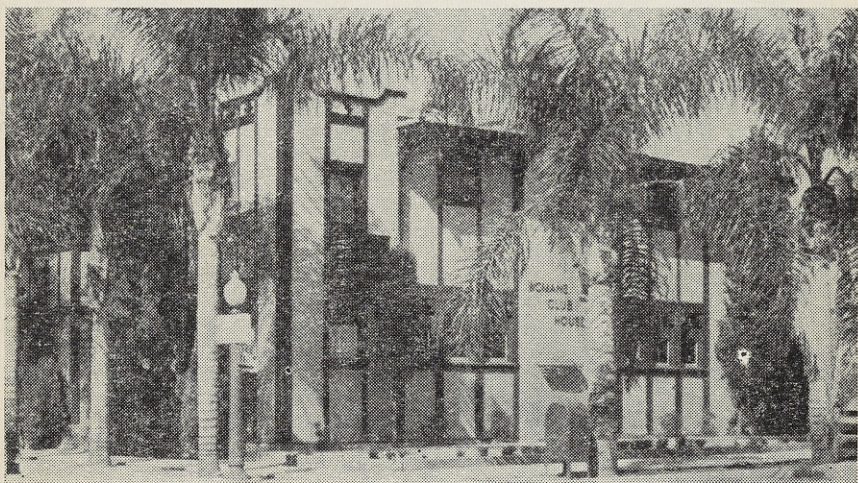


Photo by TUCKER STUDIO

COVINA WOMAN'S CLUBHOUSE

In appreciation of the financial aid of our Advertisers,
without whose assistance it would have been impossible to
carry out this project, we proudly dedicate this little book
to the Business Men of Covina.

COVINA WOMAN'S CLUB COOK BOOK

Compiled by members of the Club - 1952

COVINA WOMAN'S CLUB

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COVINA WOMAN'S CLUB COOK BOOK

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COVINA WOMAN'S CLUB

Year of Publication - 1932

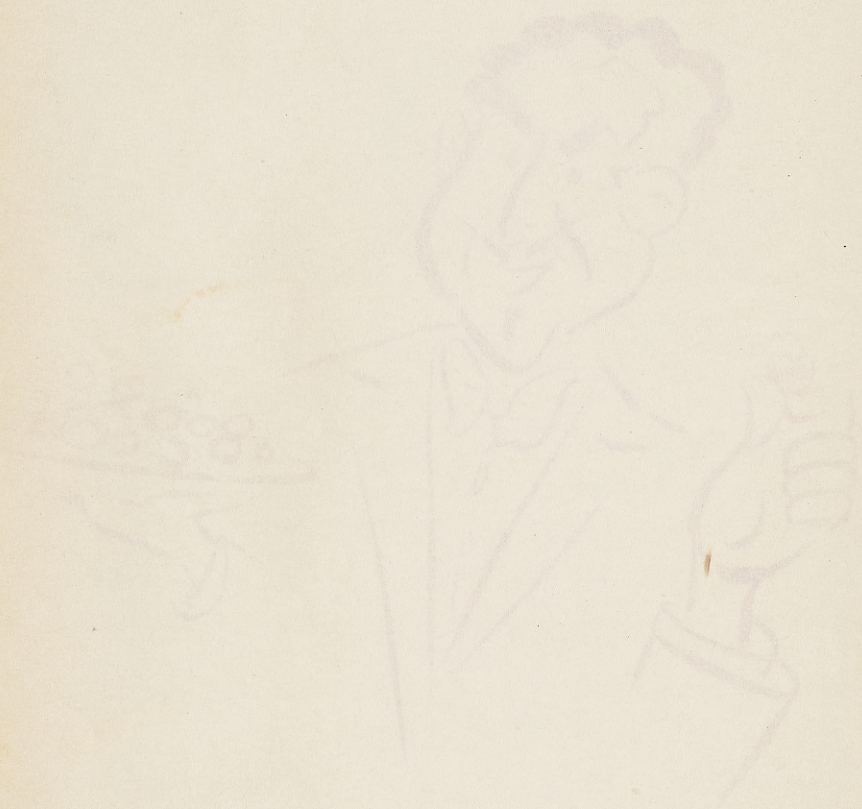
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**APPETIZERS
CANAPES
RELISHES**



FOR THOSE *Write* IN RECIPES

RELISHES
CANDIES
APPETIZERS



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An appetizer
should always be served,
Makes guests compliments
most well deserved.

OYSTER OR SHRIMP COCKTAIL (Individual)

6 oysters or 8 fresh
cooked or canned shrimp
1/2 tbsp. mazola
1/2 tbsp. lemon juice
1 tsp. chili sauce
1/2 tsp. horseradish
1/4 tsp. celery salt
2 or 3 drops worcestershire
sauce

Beat together the ingredi-
ents for the cocktail sauce,
pour this over the fish and
serve in small cocktail
glasses set in cracked ice.
Garnish with cress or parsley
and cut lemon.

HORS d'OEUVRES ITALIAN

Anchovies
Sliced salami
Olives
Radishes or hearts of
lettuce
Tarragon or Italian vinegar

Sardines
Pimento
Cabbage, onion and green
pepper chopped together
Mazola
Karo

For each person allow two slices salami, two sardines, one anchovy, one pimento, a tbsp. of the chopped cabbage mixture, two olives and two radish roses. Put the cabbage in the center, arrange the other ingredients around it and garnish with the olives and radishes. Make a dressing of the Mazola, Karo and vinegar and pour over.

DRESSING FOR HORS d'OEUVRES

Combine 1 tsp. Karo, 1/2 c. Mazola, 3 tbsp. tarragon or Italian Vinegar, 1/2 tsp. salt and 1/8 tsp. pepper. Beat and serve.

PATRONIZE OUR ADVERTISERS

ANCHOVY CANAPES

Spread canape wafers or small rounds of toasted or untoasted bread with anchovy paste. Top with finely chopped pickle.

STUFFED CELERY

12 stuffed olives, 2 tsp. onion juice, 1/2 c. grated cheese, salad dressing, salt and paprika, 12 celery sticks. Add minced olives, onion juice, salad dressing and seasoning to cheese. Fill celery stalks and chill.

GRAPEFRUIT COCKTAIL

2 c. grapefruit pulp, 1/2 c. diced pineapple, 1/2 c. pineapple juice, 2 tbsp. lemon juice, 4 tbsp. sugar, 3 red cherries. Mix fruit juices and chill. Serve in glasses, top with cherries.

GINGER ALE COCKTAIL

1/2 c. sugar, 2 c. water, 1 c. pineapple juice, 1 c. grapefruit juice, 1/4 c. lemon juice, 4 c. ginger ale. Boil sugar and water together 10 min. Cool, add fruit juices and chill thoroughly. Just before serving add the ginger ale. Any sweet fruit juice may be substituted for the pineapple juice. 1/2 c. lemon juice may be substituted for the grapefruit juice.

TOMATO COCKTAIL

3 c. tomato juice, 1/2 c. orange juice, 1 1/2 tbsp. lemon juice, 1 1/4 tsp. sugar, 2 tsp. chopped onion, a little salt and pepper and paprika. Combine all, mix well and put in ice box for 1 hr. at least. Strain and pour over crushed ice in cocktail glasses.

DELIGHT COCKTAIL

2 c. unsweetened pineapple juice, 1 c. tomato juice, juice of 2 lemons. Mix well and let stand 1 hr. before using. Serve very cold.

CAVIAR CANAPE

Cut bread in small rounds with biscuit cutter and toast. Cover with caviar, putting a few drops of lemon juice over the caviar. Chop the yolk of hard boiled egg fine and put a thin layer of that over all.

FRUIT COCKTAILS

Combine 1 c. cooked, stoned prunes, 1 c. orange sections, 1 c. diced apple with 1/2 c. Karo, and 1/3 c. water. Chill.

Combine 1 c. pitted white cherries, 1 c. diced peaches, 1/2 c. shredded apple, 1/3 c. Karo, 2 tbsp. water. Chill.



Fruit cocktail
is a beautiful sight,
Makes the dinner
an extra delight.

SHRIMP-TOMATO ASPIC

1 envelope, or 1 tbsp.,
unflavored gelatin

2 1/4 c. (1 No. 2 can)
tomato juice

1 tsp. salt

2 tsp. prepared horseradish 1 tsp. lemon juice

1/2 lb. cleaned cooked fresh shrimps, or 1-5 oz. can

cleaned drained shrimp dash of pepper

1 1/2 tsp. grated onion 1/2 tsp. worcestershire

water cress lemon wedges

mayonnaise or salad dressing

Soften gelatin in 1/4 c. tomato juice, dissolve over boiling water. Stir dissolved gelatin into remaining seasoning, chill until mixture is thick and syrupy. Oil lightly 4 teacups. Arrange shrimps around bottoms of cups, spoon in thickened tomato mixture, chill until firm. Unmold on serving platter, serve with water cress, lemon wedges, and mayonnaise or salad dressing.

SHRIMP LOUISIANNE

Into the butter, rub the flour, add the onion, garlic, pepper and parsley, all chopped fine. Brown and add tomatoes. Ther season. Add the shrimp and let cook for 15 min. and then add the worcestershire sauce.

DELIGHT COCKTAIL

2 c. unsweetened pineapple juice, 1 c. tomato juice, juice of 2 lemons, mix well and let stand 1 hr. before using. Serve very cold.

ENGLISH MONKEY

1 c. American cheese
1 lump butter
2 eggs
salt and pepper to taste
1 c. milk
1 c. soft bread crumbs
(Do not use crusts)



Meal seem flat?
Want to embellish?
A little sharp cheese
and a dish of relish.

Soak the bread crumbs in the milk about 15 min., add eggs slightly beaten. Melt the cheese and butter together, then add soaked bread crumbs, milk and egg mixture. Season to taste and serve on crackers.

PICCALILLI RELISH

A piccalilli, or any tart pickle relish, may be attractively served in green pepper cases. Choose small green peppers and cut in thirds, lengthwise. Remove seeds and fill with relish. Arrange around roast loin pork.

GREEN TOMATO RELISH

1 peck green tomatoes	5 small onion
1 tsp. each black pepper,	7 c. sugar
ground cloves, cinnamon	4 tsp. celery seed
1/2 tsp. allspice and cayenne pepper	
1 c. salt	1 qt. vinegar
1 c. of mustard seed	

Grind tomatoes, add salt. Let stand overnight. Drain. Add onions and other ingredients. Boil for 15 min. and can.

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Covina, Calif.

APPETIZERS * CANAPES * RELISHES ***

CHEESE-ALMOND SPREAD - Mrs. Wm. S. Miller

1 wedge Roquefort cheese 1/4 lb. soft butter
1 tsp. chopped parsley 1 c. toasted almonds
1 tbsp. sweet cream

Blend cheese and butter to form a paste. Add finely chopped parsley and finely chopped nuts. Add sweet cream until thin enough to spread easily. Remove this mixture from refrigerator at least one hour before using. Spread on whole wheat wafers, and garnish with parsley bits.

SANDWICH SPREAD - Mrs. William Warren

1 pkg. cream cheese creamed
1 sm. can shrimp crumbled
Add 1 tbsp. mayonnaise, and 1 tbsp. Worcestershire sauce with garlic in for about 1 hr. before using.
This should be fluffy. Good on crackers or potato chips.

TOMATO COCKTAIL - Mrs. Wm. Seal

3 qt. tomatoes cut up fine 1 c. water
1 bunch celery 2 onions
8 whole cloves 1 tbsp. salt
2 tbsp. sugar

Cook well and add 2 tbsp. lemon juice. Heat thoroughly and can or bottle.

FAVORITE AND EASY HORS D'OEUVRES -

Mrs. W. E. Knotts

Cream cheese balls rolled in poppy seeds, on tooth picks
Inch lengths of celery stuffed with nutty grind peanut butter.

Strips of toast spread with seasoned creamed cheese and topped with a very thin slice of cucumber pickle. Sprinkle edge of cheese with paprika.

Finely minced orange segments, (no white membrane), and chopped chives added to cream cheese -- for a dunk or to spread on Ritz crackers.

Whole small shrimp set on a small round cracker which has been spread with tartar sauce colored green.

TWO HORS D'OEUVRE SPREADS OR DIPS -

Mrs. Warner Seal

Garlic Cheese

1 jar full-flavored cheddar cheese
1 pkg. Philadelphia cream cheese
1 to 2 tbsp. mayonnaise
1/4 tbsp. garlic powder (not salt)
Dash of Worcestershire sauce.

Blend well then mix
with rotary beater
adding more mayon-
naise if desired.

Avocado

1 ripe avocado
1 tbsp. mayonnaise - to start
Juice of 1/2 lemon
Dash of Worcestershire sauce
2 to 3 drops of hot Mexican chili sauce
1/2 tsp. onion juice
Mix well, add salt and pepper to taste

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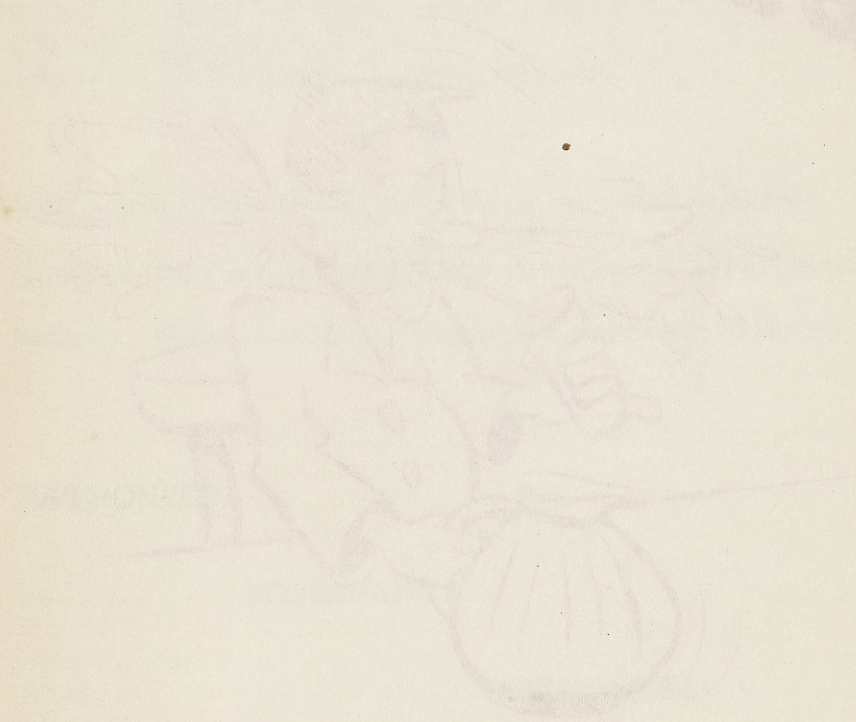
HEREIN

BEVERAGES



FOR THOSE *Write* IN RECIPES

BEVERAGES



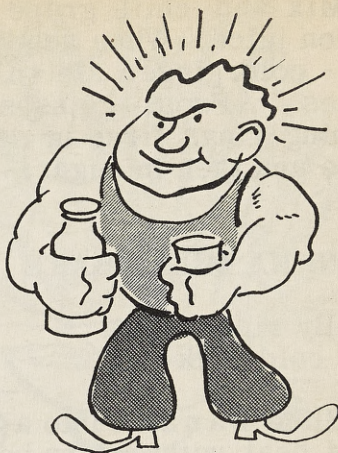
COCOA

3 tbsp. cocoa
1/2 tbsp. cornstarch
pint of water
1/2 c. karo, Red Label
1/4 tsp. salt
pint of milk

Bring the milk and water to boiling point, stir in the cocoa, salt, cornstarch and Karo, blended. Boil 2 or 3 min. and serve. A drop or two of vanilla may be added if desired.

QUICK COCOA (INDIVIDUAL)

2 tsp. cocoa
few grains salt
top milk or light cream



You want to gain weight
and you want to be burly?
Drink lots of chocolate
and go to bed early.

boiling water
1 tbsp. karo, Red Label

Stir the cocoa, salt and Karo together in a cup, almost fill with boiling water and dilute to taste with top milk or cream.

CUBED POTATOES O'BRIEN

1 qt. pared, cubed, raw potatoes
salt and pepper
2 tbsp. minced onion
Mazola

2 tbsp. shredded
pimiento
2 tbsp. chopped pepper
(green)

The potatoes should be cut in half-inch cubes. Put them in a frying basket and immerse in Mazola heated to 350 degrees F. or until it will brown a bit of bread in 1 min. Drain, dust with salt and pepper and add the green peppers, pimientos and onion sauted until tender in 2 tbsp. Mazola.

FROSTED GRAPE JUICE COCKTAIL

2 c. grape juice
1 pt. ginger ale

3 tbsp. lemon juice

Mix and chill grape and lemon juice. When ready add ice - cold ginger ale to fruit juices. Frost glasses by dipping rings first in lemon juice and then in sugar.

BANANA MILK SHAKE

1 fully ripe banana
1 c. cold milk

Slice banana into a bowl and beat with rotary beater until creamy, or press banana through coarse sieve. Add milk, mix thoroughly and serve at once. Serve cold. Serves 2.

Add 1 large tbsp. vanilla ice cream.

BANANA PINEAPPLE EGGNOG

Add 1 beaten egg and 2 tbsp. pineapple juice to above.

BANANA CHOCOLATE MALTED MILK

Add 4 tsp. chocolate malted milk and 1/4 tsp. vanilla.

LOGANBERRY PUNCH

4 c. loganberry juice
1 c. hot water
1/2 c. sugar
2 lemons

1 orange
4 fresh mint leaves
6 c. cold water
6 c. cracked ice

Dissolve the sugar in hot water, and mix with cold water and cracked ice, then add the loganberry juice, the lemons and orange thinly sliced, and the mint leaves. Place in punch bowl and serve.

TEA AND FRUIT PUNCH

2 tbsp. tea
2 c. sugar
1/2 c. orange juice
4 lemons

3 oranges
4 c. ginger ale
2 c. water
6 maraschino cherries



The doctor may tell us
the way to keep cool,
Is to drink something hot
but look, I'm no fool.

Give me something cold
something frosty and tall,
Give me the easy life
where you do nothing at all.

If you're giving a tea
and expecting a bunch,
Check this recipe
for delicious punch.



Boil the water, add the tea and sugar, and let stand for half a min., then strain. Add the orange juice and the juice of the lemons, and the oranges thinly sliced, the cherries each cut in four parts, and the ginger ale. Pour this over 8 c. (or 2 qts.) of cracked ice in a punch bowl.

MERRY PUNCH

2 c. bottled cranberry juice cocktail	
3/4 c. powdered sugar	2 c. canned grapefruit juice
1 large bottle ginger ale	
lemon or lime slices	

Makes 2 qts.

PUNCH

First make 1 qt. syrup as follows: Dissolve:

3 c. sugar

3 c. water

Add 2 tsp. vanilla, 2 tsp. almond extract, then juice of 2 lemons, stir well and add 4 qts. of water. This makes 5 qts. of punch. Add juice of 6 oranges, 2 c. fruit juice and 1 qt. ginger ale.

PATRONIZE OUR ADVERTISERS

HOT APRICOT NIP

1 c. water
2 tbsp. granulated sugar
4 whole cloves
3 in. stick cinnamon
12 oz. can apricot
nectar (1 1/2 c.)
2 tbsp. lemon juice

Boil together for 5 min., the water sugar, cloves and cinnamon stick. Strain and add remaining ingredients. Reheat and serve hot. Serves 4.



Make your limeade with a sprig of mint, Add cherry juice for a colorful tint.

MINT PUNCH

2 c. sugar
1 qt. water

Make into syrup. Place 2 qts. of washed mint leaves in 1 qt. of plain water and bring to boil, simmer 5 min. Let cool and then strain through cloth. Combine mint water and syrup. Add juice of 6 lemons and a few drops of green coloring. Immediately before serving add 1 qt. of ginger ale and pour over crushed ice.

LEMONADE

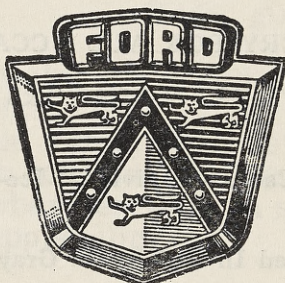
1/2 c. sugar
1 c. hot water
4 c. cold water

1 lemon, sliced very thin
the rind of 1 lemon
the juice of 4 lemons

Dissolve sugar in hot water, add the rind of the lemon, and cool. When cool, add the juice of the four lemons and the cold water and strain. Serve in glasses with cracked ice and a slice of the lemon.

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BEVERAGES *****

RECEPTION PUNCH - Mrs. Emma Wakefield

Serves 100

8 c. sugar

2 c. lemon juice

2 qts. water

2 qts. freshly brewed tea
(chilled)

1 c. crushed mint leaves

2 qts. orange juice

2 gal. water

2 qts. grapefruit juice

2 qts. ginger ale

fruits to garnish

Boil sugar with 2 qts. water for 5 min. add crushed mint leaves. Cool and strain.

Add fruit juices, tea and water. Just before serving pour over ice block in punch bowl and add ginger ale. Garnish with fresh sliced strawberries when in season, orange slices, and fresh pineapple slices.

SPICED HOT CIDER - Mrs. Paul W. Cockrell

1 gal. cider

5 whole cloves

1 scant c. sugar

3 sticks of cinnamon

5 whole allspice

Heat to a boil, let stand for 1/2 hour. Heat again and serve hot.

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BREAD and ROLLS



FOR THOSE *Write* IN RECIPES





The right kind of bread
baked by a new bride,
Can make hubby's head
swell with pride.

BOSTON BROWN BREAD

1 c. AllBran
1 c. flour
1 c. sour milk
1/2 c. raisins

1 tbsp. molasses
1/2 c. sugar
1 tsp. soda
1/4 tsp. salt
1/4 tsp. baking powder

Put the milk and allbran together first. Then add sugar, molasses, raisins and remainder of dry ingredients sifted together. If recipe is doubled add 1 beaten egg. Bake for 1 hr. at 325 degrees.

BANANA NUT BREAD

2 c. sugar
1/2 c. spry
2 eggs
3 c. flour

1 1/2 tsp. soda
8 to 10 tbsp. sour milk
3 bananas
1/2 c. chopped nuts
pinch of salt

Mix in order given. Add soda to sour milk. Mash bananas thoroughly before adding to mixture. Bake in 2 loaf tins in a slow oven for 1 hr.

PATRONIZE OUR ADVERTISERS

REFRIGERATOR ROLLS

1 c. cold cooked mashed potatoes	1 scant tsp. soda
1 tsp. salt	1 cake yeast
1 c. shortening	1 c. sugar
2 heaping tsp. baking powder	1 qt. milk (sweet) scalded, cooled

Mix ingredients in order given and add enough flour to make a batter. Let rise 1 1/2 hrs. Make into a stiff dough. Place in refrigerator and when ready to use make into small balls. Let rise 1 1/2 hrs. and bake in 350 degrees oven for about 25 min.

NO-KNEADING BREAD ROLLS

1 cake Fleischmann's yeast	2 tbsp. sugar
1/4 c. lukewarm water	1 c. boiling water
1/4 c. shortening	1 egg
1 1/4 tsp. salt	3 1/2 c. flour

Dissolve yeast cake in lukewarm water. Place shortening, salt and sugar in a separate bowl. Add boiling water, stir until ingredients are dissolved. When lukewarm add yeast. Add the beaten egg. Stir in flour to make a soft dough. (Begin with 3 c. of flour and add as much more as necessary for a soft dough. 3 1/2 c., average amount.) Grease a large bowl, place dough in it and cover with a plate. Chill dough 2 to 24 hrs. Pinch off dough, place in greased muffin tins, 1/3 full. Brush tops with melted butter. Rolls will rise in min. Remove at once from pan. Makes 2 doz.

Knowing how much kneading
your bread dough is needing,
Is a secret you need to know
else you'll have too much dough.





Too much flour
too much mixing,
Too much milk
too much fixing.

Either one will
take its toll,
When your making
leaven rolls.

SIXTY MINUTE ROLLS

3 c. flour
2 cakes Fleischmann's yeast
1/4 c. lukewarm water
1 1/4 c. milk
3 tbsps. sugar
1/4 tsp. salt
4 tbsps. lard

Dissolve yeast in lukewarm water. Place milk, sugar, salt, and lard in sauce pan and heat to lukewarm. Add yeast and flour, mix well, cover and let stand in warm place 15 min. The dough is very soft and rather difficult to handle but do not add more flour and do not knead or punch down. With tsp. cut off pieces of dough and with well greased hands shape into balls and place 3 balls in each well

greased muffin tin. Cover and let stand in warm place for 15 min. Bake in hot oven 450 F. for 10 min.

BUTTERSCOTCH ROLLS

2 c. sifted flour
3 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening

3/4 c. milk (about)

FILLING:

1/3 c. butter
1/3 c. firmly packed brown sugar

Prepare biscuit dough and roll in oblong 1/4 in. thick, spread with cream mixture of butter and brown sugar, roll as for jelly roll and cut in 1 in. slices. Place slices in greased pan or muffin pans and bake in hot oven (400) for 15 to 20 min. Yields approximately 10 rolls.

Household Hint:

To freshen left-over muffins, cover with damp cloth and warm in moderate oven.

SOUTHERN CORN BREAD

2 c. cornmeal
2 tbsp. cornstarch
1 tsp. salt
2 c. sour milk or buttermilk

1 scant tsp. soda
1 tbsp. Karo
1 egg, well beaten
2 tbsp. Mazola

Combine the ingredients in the order enumerated. Beat well, pour into medium sized dripping pan oiled with Mazola and bake 30 min. in a hot oven, 375 degrees F.

HEALTH MUFFINS

4 c. Bran
1 c. rolled oats put through food chopper
1 1/2 c. bread flour
2 tbsp. cornstarch
5 tsp. baking powder
1 c. raisins put through food chopper
2 tsp. salt
1 c. Karo
1/4 c. Mazola
1 egg
2 c. milk

Combine the ingredients, transfer to muffin pans oiled with Mazola, and bake 25 to 30 min. in a moderate oven, 350 to 375 degrees F. This will make 18 medium sized muffins. They will keep several days, and may be served split, toasted and buttered.

QUEEN OF MUFFINS

1/4 c. butter
1/3 c. sugar
1 1/2 c. flour

1 egg
1/2 c. milk
2 1/2 tsp. baking powder

Cream butter, then blend sugar with it. Beat eggs and add. Sift flour and baking powder and add alternately with milk. Bake in greased pans about 25 min.



Ol'e Moss Hitchback
was southern bred,
Liked his hamhock
with corn-pone bread.

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BREAD & ROLLS *****

STUFFED FINGER ROLLS - Mrs. Fred Sheard

4 hard cooked eggs, chopped	1/2 c. chopped ripe olives
2 tbsp. minced green pepper	2 tbsp. minced parsley
2 tbsp. grated cheese	2 tbsp. catsup
2 tbsp. salad oil	A grating of onion or garlic
8 finger rolls	

Mix ingredients. Cut off tops of rolls, scoop out center and fill with above mixture. Sprinkle with grated cheese. Replace top and wrap each roll tamale fashion in waxed paper. Store in cool place until one half hour before serving. Place rolls in a moderate oven (375°) and heat for 25 minutes.

YEAST ROLLS - Mrs. William B. Temple

1 yeast cake	1 c. milk
1/2 c. shortening	1 tsp. salt
1/4 c. sugar	3 eggs
about 4 c. flour	

Mix shortening, sugar, and salt. Add eggs one at a time. Dissolve yeast in tepid milk. Add to shortening mixture. Add flour one cup at a time. Dough should remain quite sticky. Let rise until double in bulk. Divide dough and roll in a 15 inch circle. Cut in 16 pie shaped pieces. Roll each piece from large to small end. Place on baking sheet, and let rise again until double in bulk. Bake 10-12 min. in a 400° oven. Makes 32 rolls or 24 cinnamon rolls.

CINNAMON BUNS - Mrs. Wm. B. Temple

Roll dough in rectangular shape. Sprinkle with brown sugar, cinnamon, raisins, and dot with butter. Roll as jelly roll. Cut in 1 inch slices. Place on baking sheet and let rise until double in bulk. Bake 15 min. in 375° oven. Frost with powdered sugar made to a thin icing with a few drops of boiling water.

NUT BREAD - Mrs. W. J. Evans

3 c. flour	
3 tsp. baking powder	sift together
1/2 tsp. salt	

1 1/4 c. brown sugar firmly packed

1 1/2 c. sweet milk

1 c. chopped walnuts

Mix sugar and flour mixture until well blended. Add milk then nuts. Pour in a buttered loaf pan and let stand about 15 min. Bake in 350°, one hour. The bread will cut better when a day old.

DATE AND NUT BREAD - Mrs. Lloyd R. Miller

1 egg

1/4 c. sugar

1/2 c. dates

4 tsp. baking powder

1 c. milk

3 tbsp. shortening

1/2 c. nut meats

2 c. flour

1/2 tsp. salt

Beat egg, sugar and shortening. Add nut meats and dates cut in small pieces. Add sifted flour, baking powder, and salt alternately with milk to first mixture and beat well. Put into greased loaf pan and bake at 350° for 45 min.

SWEDISH PANCAKES - Mrs. L. Dudley Phillips

2 c. sifted flour

1/2 tsp. salt

4 c. milk

1 tbsp. sugar

3 eggs beaten well

Mix and sift dry ingredients. Combine eggs and milk, add flour mixture, beating until smooth. Bake quickly in greased hot frying pan cooking one large cake at a time. Spread with jam, and pile one on top of another. Reheat, dust with powdered sugar, and cut large stacks in wedge shaped pieces. Makes 1 1/2 dozen large cakes.

HUSHPUPIES - Mrs. Paul McCann

1 c. corn meal

1 tsp. baking powder

1 egg

1 tbsp. flour

1/2 tsp. salt

1 tbsp. grated onion

Milk enough to make a stiff batter - about 1/2 c.

Blend dry ingredients. Add onion, egg and milk. Form in balls size of an English walnut. Fry in deep fat. Serve hot hushpuppies with fish.

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SOUR CREAM COTTAGE CHEESE PANCAKES =

Mrs. Anthony Fickewirth

2 eggs

1/2 tsp. soda

1/3 c. cottage cheese

3/4 tsp. salt

1/2 c. flour

3/4 c. sour cream

Beat eggs, add cheese, blend well. Sift flour, measure; sift with soda and salt. Blend sour cream and egg-cheese mixture; add flour and beat thoroughly. Dip about 1/4 cup batter for each cake. Cook on buttered moderately hot griddle. Yield: 10 to 12 griddle cakes.

SOUTHERN SPOON BREAD - Mrs. I. F. Hause

Scald 1 c. yellow corn meal in 1 1/2 c. boiling water - cool.

Add 1 c. rich milk, 2 tsp. baking powder, 1/2 tsp. salt, and 3 egg yolks, beaten. Beat whites of eggs and fold into the meal mixture. Melt 3 tbsp. butter in deep casserole. Pour in batter and bake until done - about 40 min. at 350°.

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SOUTH CREAM COTTAGE CHEESE PANCAKES
Mrs. Andrew B. Bickwith
1/2 cup sugar
1/2 cup milk
1/2 cup cream
Beat eggs, add cheese, blend well. Stir flour, salt, and
oil into milk and egg. Blend well. Cook in butter and oil.
Butter for each cake. Cook on buttered griddle. Yields 10 to 12
pancakes.

SOUTHERN SPONGE CAKE - Mrs. J. F. House
1/2 cup sugar
1/2 cup milk
1/2 cup oil
1/2 cup flour
1/2 cup baking powder
1/2 cup salt
Beat eggs, add sugar, beat well. Add milk, oil, and
flour. Bake in buttered pan. Yields 10 to 12 cakes.

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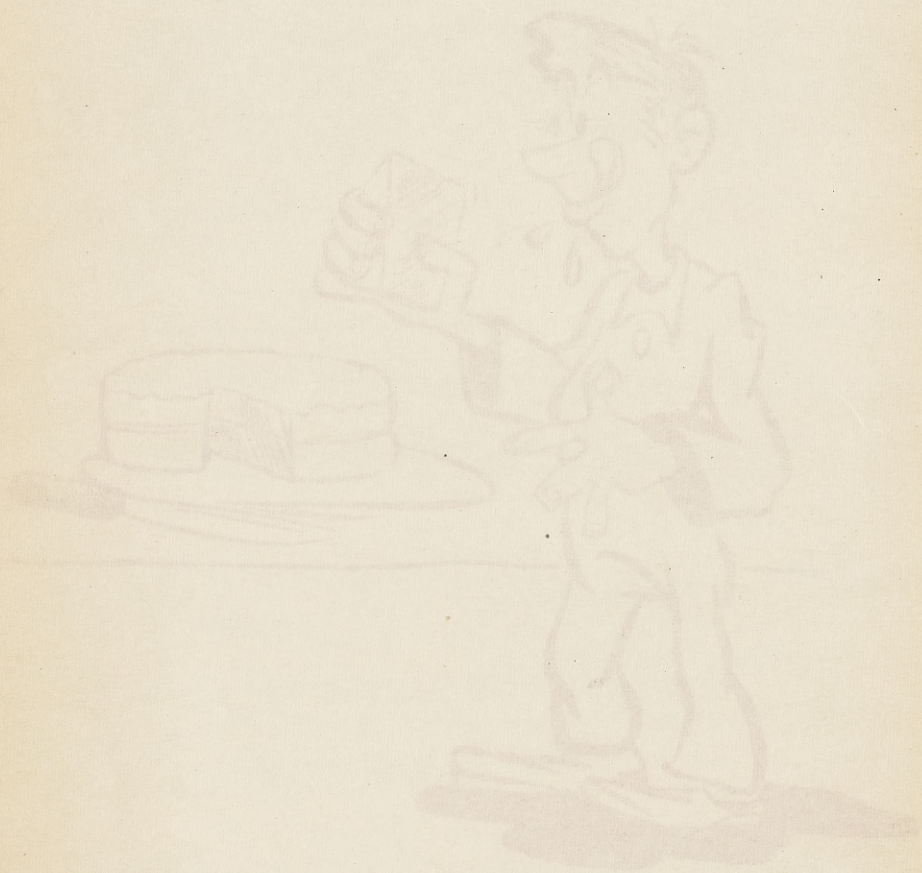
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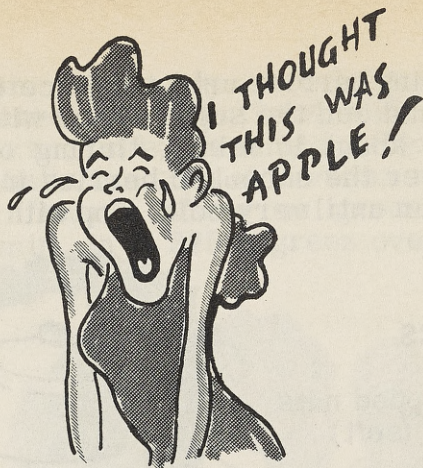
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Cakes





Little miss Mable
sat at the table
eating her coffee and pie,
She put in her thumb
and pulled out a plum
and yelled

I THOUGHT THIS WAS APPLE!!

CRUSTLESS APPLE PIE

6 medium sized tart, firm apples
1/3 to 1/2 c. white sugar 1/2 c. brown sugar
1 tsp. cinnamon 1 c. sifted flour
3/4 c. water 1 tsp. baking powder
1/2 tsp. salt
3/8 c. (6 tbsp.) shortening, part butter for flavor

Peel apples and cut into eights. Place in saucepan with white sugar, cinnamon and water and cook until apples are partially done (about 10 min.) Then place in deep greased 9 in. pie pan. Cream shortening, add brown sugar gradually and cream well. Sift flour, baking powder and salt together and add to creamed mixture working with pastry blender until completely mixed. Sprinkle over apples in pie pan. Bake about 45 min. in 350 degree oven. Serve with whipped cream.

STRAWBERRY PIE

1 baked pastry shell, 1 qt. strawberries, 1 c. sugar, 3 tbsp. cornstarch, 1 c. whipping cream. Reserve half the berries, selecting the choicest ones and place in baked pastry shell.

Mash the remaining berries until the juice is well extracted. Bring to boiling and add the sugar mixed with the cornstarch. Cook slowly for about 10 min., stirring occasionally. Let cool and pour over the uncooked berries in the shell. Place pie in refrigerator until very cold. Top with sweetened whipped cream.

DAINTY COOKIES

3/4 c. finely chopped nuts
 1/4 c. shortening (soft)
 1/4 c. soft butter
 1/4 c. brown sugar
 (packed in cup)
 1 egg
 1/2 tsp. vanilla
 1 c. sifted flour
 1/4 tsp. salt



Mix together thoroughly, shortening, butter, sugar, egg and vanilla. Sift flour and salt together and stir into mixture. Roll in balls size of a small walnut. Beat slightly with fork 1 egg white. Dip balls in egg white. Roll in finely chopped nuts. Place about 1 in. apart on greased baking sheet. Bake for 5 min. in a 375 degree oven. Remove from oven. Immediately press thumb gently in top of each cookie. Return to oven and continue baking about 8 min. longer. Makes about 2 doz. cookies. To add an extra decorative effect, when cookies are cool, place in indentation, a bit of chopped candied fruit, bright jelly or flavored confectioners sugar icings.

Lock and key won't be too strong to keep your cookies on the shelf, When you try these recipes and you'll really treat yourself.

PEANUT CRUNCH COOKIES

1/2 c. butter	1 egg (well beaten)
1/2 c. peanut crunch	1 1/4 c. flour
1/2 c. white sugar	3/4 tsp. soda
1/2 c. brown sugar	1/2 tsp. baking powder
1/4 tsp. salt	

Cream butter and peanut crunch together. Add

sugar and cream thoroughly. Add beaten egg. Sift flour once before measuring. Sift flour, soda, baking powder and salt together and add to creamed mixture. Chill dough. Then form into balls the size of a walnut and flatten with a fork dipped in flour. Place on greased cookie sheet. Bake 10 to 12 min. in a 375 degrees oven. Makes 4 doz. cookies.



When baking a cake
you must agree.
You must set the oven
to the closest degree.

CHERRY TIP TOP CAKE

1 No. 2 can red sour cherries	
2/3 c. sugar	1 c. pastry flour
2 tbsp. butter	1/2 tsp. baking soda
2 eggs (well beaten)	1 tsp. cream tartar
1 c. granulated sugar	1/2 tsp. salt
1/2 c. scalded milk	1/2 tsp. lemon extract

Drain cherries thoroughly. Place fruit and sugar in a 10 in. round or sq. pan about 2 in. deep. Dot with butter. Add sugar to beaten eggs gradually and continue beating. Then add sifted dry ingredients and mix well. Add milk and flavoring. Pour cake mixture over fruit. Bake in a moderate oven 350 degrees for 50 min. Loosen cake from sides and turn out on plate at once. Serve warm or cold, plain or with whipped cream.

CREAMY FUDGE CAKE

2 sq. unsweetened chocolate
1/2 c. boiling water
2 1/8 c. sifted cake flour
1 1/3 c. sugar
1 tsp. soda
1/2 tsp. cream of tartar
1 tsp. salt
1/3 c. vegetable shortening
2/3 c. milk
1 tsp. vanilla
1/3 to 1/2 c. egg whites



Some kinds of cakes
stand little abuse,
But if they fall
there's no excuse.

Mix chocolate and boiling water to a smooth paste. Sift dry ingredients into large bowl. Add shortening, milk, and vanilla. Beat vigorously with spoon for 2 min. by clock (150 strokes per min.) or mix with electric mixer on slow to med. speed for 2 min. Add unbeaten egg whites and beat for 1 more min. Add the chocolate paste. Beat another min. Pour batter into prepared pans, 2 layer pans 8 in. Bake for 25 to 30 min. in a 350 degrees oven. Ice with brown beauty icing.

SOUR CREAM CAKE

1 1/2 c. sugar, 2 eggs, 1/2 pt. heavy sour cream, 2 c. flour after sifting, 1 tsp. baking powder, and 1/2 tsp. salt in flour, add following mixture to batter: 3/4 c. of boiling salted water, 3 tbsp. cocoa and 1 tsp. soda. Bake in 3 layers or in a loaf. Spread bottom and sides of pan with mixture. Cover bottom of pan with apricots and prunes, pour in batter mixture and bake in an 8x8 pan. Serve with whipped cream.

BRIDGE PIE

1 c. dates (cut fine), 1/2 c. nuts (cut fine), 2 eggs beaten separately, 4 tbsp. cream, 1 c. sugar, 1/4 c. butter. Mix all but the whites. Fold these stiffly beaten, in last. Bake in raw crust about 30 min. at 350 degrees. Serve with whipped cream. Cheese balls go well with this.

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CAKES * COOKIES * PASTRIES *****

BANANA CAKE - Mrs. Fred Ashton

1 1/2 c. sugar
2 eggs
1/2 c. Crisco
1/2 c. chopped almonds
1 c. mashed banana pulp
1/2 c. sour cream
2 c. flour
1/2 tsp. salt
1 tsp. baking powder
1 tsp. soda

Cream sugar and shortening; add unbeaten yolks of eggs one at a time. Beat well, add cream, banana pulp and nuts. Sift flour, salt, and baking powder and add to sugar, shortening, egg mix. Fold in beaten egg whites. Dissolve the soda in 1 tbsp. hot water, and lightly fold into the batter. Bake 30 min. at 350° in pan 9x12. Cover with icing made from 3 tbsp. butter, 1 c. powdered sugar, and enough hot strong coffee to blend.

CHERRY UP-SIDE-DOWN CAKE - Mrs. Walter C. Fait.

1 can red cherries, sweeten to taste, add lump of butter size of a walnut. Boil together. Pour onto any white cake batter ready for the oven, distributing evenly. Bake at 325° until cake is done.

QUICK COFFEE CAKE - Mrs. Roy M. Dougharty

Sift together ...

2 c. flour
1/2 tsp. salt
2 tsp. baking powder

Blend ...

1 well beaten egg
3/4 c. milk
3 tbsp. melted butter

Add to dry ingredients, beat well, turn into greased pan 9 x 9.

TOPPING

Mix together: 1/2 c. brown sugar
2 tbsp. flour
2 tsp. cinnamon

Cream with .. 2 tbsp. butter

Bake in hot oven 400° for 25 min. Serve hot.

APPLE FLUFF TOPPING - Mrs. E. G. Hotchkiss

To 1 apple, peeled and finely grated add:

Juice of 1/2 lemon

1 c. sugar

1 egg white

Pinch of salt

Combine ingredients in small bowl of electric mixer. Beat at low speed until it begins to thicken then increase speed and continue to beat until it is thick and smooth; about ten min. The mixture will triple in bulk. Spread on ginger bread or spice cake.

SOFT HONEY CAKE - Mrs. T. J. Myers

1 c. butter

4 c. flour

2 c. honey

2 tsp. soda

2 eggs

1 tsp. ginger

1 c. sour milk

1 tsp. cinnamon

1/4 tsp. salt

Cream honey and butter well, add beaten eggs, sour milk, flour sifted with soda, spices and salt. Mix well and bake in layer cake pans at 350° for 25 min.

DUTCH CAKE - Mrs. Fritz Fickewirth

2 c. brown sugar

2 1/2 c. flour

1/2 c. butter, oleo or crisco

Mix together as you would pie crust, take out 1/2 c. of the crumbs for the top of the cake. To the remaining mixture add:

1 egg well beaten

1/4 tsp. salt

1 c. sour milk or butter milk

1 tsp. soda (add to sour milk)

1 tsp. vanilla

Stir together and put in tube pan, greased and floured. Add crumbs to the top and bake in 350° to 375° oven. Serve hot or cold.

DATE AND NUT CAKE - Mrs. E. M. Karges

2 c. chopped dates

2 c. boiling water

2 tsp. soda

Pour water over dates and let cool.

1/2 c. butter or other shortening	pinch of salt
2 c. sugar	1 tsp. vanilla
2 eggs	1 c. nut meats
2 c. flour	

Mix batter as usual and combine with dates and water, adding nuts last. Bake in 350° at least one hour in 13x9x2 pan. Serves 15.

HOT WATER CAKE - Mrs. Mildred Kennedy

4 eggs	1/2 tsp. baking powder
1 1/2 c. sugar	dash of salt
1 tbsp. water	1/2 tsp. cream of tartar
1/2 c. boiling water	
1 1/2 c. flour	

Beat egg yolks, add sugar, sifted 6 times: beat again and add 1 tbsp. cold water. Continue beating and add boiling water. Sift flour, baking powder and salt 4 times and add. Beat egg whites very stiff with cream of tartar. Fold in to mixture and bake very slowly until inserted tooth pick comes out of cake clean. Lemon, Orange juice or vanilla may be substituted for 1 tbsp. cold water.

CHEESE CAKE - Mrs. Ruth D. Miller

Graham cracker and butter crust. 10" plate

20 graham crackers rolled fine

1/3 c. sugar

1/3 c. softened butter

Mix together crumbs and sugar. Blend in butter thoroughly. Press mixture firmly and evenly against sides and bottom of pie plate.

Filling ...

4 pkg. Philadelphia cream cheese 2 eggs

1 tsp. vanilla 1/2 c. sugar

Beat until thick and creamy. Pour into crust and bake in 375° oven for 20 minutes. Let cool for 1/2 hr. and put on topping.

Topping ...

2 cartons sour cream 5 1/2 tbsp. sugar

1 tsp. vanilla

Whip with a spoon. Pour over cake filling and bake 5 minutes at 450° chill in refrigerator. Prepare the day before you wish to serve.

HARTFORD CAKE - Mrs. Louise G. Lavagnino

Cream ...

1 1/2 c. sugar

1/2 c. butter

Add ...

1 egg slightly beaten

Alternate

1 c. milk with

2 3/4 c. all purpose flour sifted with 1/4 c. cornstarch and 2 rounded tsp. baking powder.

Add ...

1/2 c. seedless raisins cut in half

1/4 c. citron finely sliced

1/2 tsp. grated nutmeg

Line bottom of large loaf pan with oiled paper or use two small pans if desired. Bake slowly in moderate oven 325° of one or one and a fourth hrs.

CHOCOLATE CAKE - Mrs. G. G. Lundberg

2 eggs

1 tsp. soda

1/4 tsp. salt

1 c. milk

1/2 c. butter or crisco

1 tsp. vanilla

1 3/4 c. flour

2 oz. chocolate or 2 squares

1 1/4 c. sugar

Baker's chocolate

Combine butter, sugar and eggs in large bowl. Whip to cream with mixer, starting on speed 1 and increasing to 3rd speed. Double sift flour, salt and soda and add to creamed mixture alternating with milk. Add melted chocolate and vanilla.

Let motor run at speed 3 (three) until well mixed. Makes two large layers. Bake 35 min. at 350°.

Icing ...

Use Powdered sugar icing add 1 sq. chocolate, melted.

ORANGE CAKE - Mrs. H. A. Miller

Juice of 2 oranges

2 eggs slightly beaten

1/2 c. sugar

1 c. sour milk

Combine and set aside, stir often. 2 c. flour

1 c. raisins

1 tsp. baking powder

1 orange rind, chopped fine

3/4 tsp. soda

1/2 c. shortening

1/4 tsp. salt

1 c. sugar

1/2 c. chopped nuts

Cream well

Mix with creamed ingredients.

Bake in 9 x 13 pan at 350' for 40 min. Remove from oven and pour orange juice and sugar mixture over cake. Serve plain or with whipped cream.

PUFF BALL DOUGHNUTS - Mrs. Ella Patten

These doughnuts, eaten fresh and warm, are a delicious dish and are quickly made.

3 eggs	dash of salt
1 c. sugar	1/4 tsp. nutmeg
1 pt. sweet milk	

Enough flour to permit the spoon to stand upright in the mixture. Add 2 heaping tsp. baking powder to the flour. Beat until very light. Drop by the dessert spoonful into boiling lard. (shortening) Serve hot.

APPLE SAUCE CAKE-Mrs. Alice L. Paddock

Cream:

2 c. brown sugar	2/3 c. Crisco or butter
------------------	-------------------------

Add: 2 unbeaten eggs and cream well. Add: 2 c. scalded drained raisins or other fruit such as dates, figs or candied cherries. Add: 2 c. chopped nut meats. Pecans and English walnuts. 2 c. hot applesauce. Divide and add 1 tsp. soda to each cup. Add: sifted together:

2 3/4 c. all purpose flour	1 1/2 tsp. cinnamon
1 1/2 tsp. salt	1/2 tsp. allspice
1 tsp. nutmeg	

Mix medium stiff and bake 1 hour in 375' oven. Bake in wax paper lined pan, 9x13 size.

CHOCOLATE ANGEL FOOD CAKE-Mrs. Jay Pitzer

12 egg whites	1/2 tsp. salt
2 c. sugar	1/2 tsp. cream of tartar

1/2 c. chocolate (Baker's cocoa) Sift sugar and cocoa together.

1 c. flour (Swansdown) sift 4 times

1 tsp. vanilla	2 tbsp. cold water
----------------	--------------------

Add salt to egg whites and beat until foamy. Add cream of tartar and beat until egg whites will stand up in soft peaks. Gradually fold in the sugar and cocoa. Fold in flour gradually. Add vanilla, and last the cold water. Bake in angel food pan at 325' for 1 hour or until done to the touch. Invert pan to cool. Frost with powdered sugar, butter, chocolate and cream frosting.

ALMOND CAKE-Mrs. Jane R. Spencer

2 c. unblanched ground almonds

Beat 9 egg yolks and whites separately. Add pinch of cream of tartar to whites of eggs. Add 1 1/2 c. granulated sugar to the beaten yolks. Add ground almonds. Add beaten egg whites, 2 tsp. vanilla and a pinch of salt. Put together lightly. Bake in moderate oven 40 to 50 min. in angel food pan. Invert pan when removed from the oven. Do not grease the pan.

REFRIGERATOR DATE PINWHEELS-Mrs. Elma Traweek

2 1/4 c. chopped pitted dates

1 c. granulated sugar 1 c. water

1 c. nuts (ground or cut fine)

Combine dates, sugar and water and cook over low heat until thick (about 10 minutes) Add nut meats and cool. Meanwhile cream 1 c. butter or substitute, and 2 c. brown sugar. Add 2 eggs well beaten. Add 2 tsp. soda dissolved in 1 tbsp. hot water and 2 tsp. vanilla, 1/2 tsp. salt. Mix 4 c. flour with 1 tsp. cream of tartar and add to the mixture. Make into a loaf and set in refrigerator to thoroughly chill. When chilled divide dough and roll into sheet about 1/4 in. thick. Spread half of date mixture on each part of dough and roll like a jelly roll. Set in refrigerator overnight. Slice about 1/4 in. thick and bake as needed in moderate oven about 8 minutes.

GOOD KEEPING COOKIES-Mrs. Miles G. Thomas

1 c. shortening 1/2 tsp. salt

1 c. brown sugar (less 2 tbsp.)

1 tsp. soda 1 c. white sugar (less 2 tbsp.)

2 c. oats uncooked 2 eggs unbeaten

2 c. corn flakes 2 c. flour

1 c. shredded cocoanut 1/2 tsp. baking powder

1 tsp. vanilla

Blend sugar into shortening then add the eggs; one at a time. Beat. Sift flour, soda, baking powder and salt together. Sift into sugar-egg mixture. Add oats, corn flakes, cocoanut and vanilla. Spread cooky mixture into pan 10 1/2 x 15 1/2 x 1/2 inch while cooling cut into bars or squares. Bake in 350° oven about 12 to 15 minutes or until cookies look dry.

BROWNIES-Miss Anna Graham Harris

Cream:

1 1/2 c. sugar

3/4 c. melted butter

Add: 3 egg yolks, beat. Add:

3/4 c. flour

3/4 c. chopped walnuts

3 sq. melted chocolate. Beat. 1 tsp. vanilla

Fold in 3 egg whites beaten stiff. Place in 9x12 pan, Bake 38 minutes at 300°. Cut at once.

GLAZED BROWNIES-Mrs. Grace Carter

4 sq. (4 oz.) unsweetened chocolate

1 c. butter

1 tsp. vanilla

2 c. sugar

1 c. broken nut meats

3 eggs beaten

1 c. sifted flour

1/4 tsp. salt

2 tbsp. lemon juice

1/2 c. sifted confectioner's sugar

1 tbsp. boiling water

Melt chocolate and butter together over hot water. Remove from heat. Add: sugar, eggs, salt, vanilla and nut meats; mix well. Add: flour gradually, mix well. Bake in greased square pan in moderate oven (350°) 45 to 50 min. Mix confectioner's sugar, lemon juice and boiling water until smooth; spread on brownies while warm. Cut in squares. Approximately 20 brownies.

DATE ICE BOX COOKIES-Mrs. F. P. Baldosser

1 lb. dates pitted and cut fine

1/2 c. sugar

1/2 c. water

Cook until thick and let cool. Blend:

1 c. granulated sugar

1 c. brown sugar

1 c. shortening. Cream well. Add: 3 slightly beaten eggs

1 tsp. soda dissolved in 1 tsp. warm water, 1 tsp. vanilla.

Add about 4 c. sifted flour, work into stiff dough. Divide into 4 parts. Roll dough to 1/4" thickness. Spread cooled date mixture on dough and roll as a jelly roll. Place in refrigerator over night. Cut in slices and bake in a 350° oven until brown.

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COCONUT CRISPIES-Mrs. Fred B. Atkins

Cream together:

1 c. sugar

1 c. shortening

Add:

1 c. rolled oats

2 c. rice crispies

1 tsp. vanilla

1 c. brown sugar

2 eggs

1/2 c. minced walnuts

1 c. shredded coconut

Sift together the following ingredients and add to the above mixture.

2 c. flour

1/2 tsp. salt

1/2 tsp. soda

1/2 tsp. baking powder

Drop small amounts on greased cookie sheet and bake at 350' until lightly browned.

DATE COOKIES-Mrs. James R. Elliott

2 c. chopped nuts

2 c. ground dates

2 c. sugar

2 tsp. baking powder

3 eggs

3 tbsp. flour (slightly rounded)

Beat eggs, add sugar and other ingredients. Bake at 325' in a heavy flat pan (about 9x12) Cover the sides and bottom of the pan with a layer of heavy paper and a layer of wax paper which has been greased and lightly floured. In about 35 minutes, peel paper to test. If it peels off the bottom the cookies are done. Cut in small squares for cookies, or in larger pieces and serve topped with whipped cream or ice cream as a torte.

OATMEAL ICE BOX COOKIES-Mrs. Seth I. Colver

Blend:

1/2 c. granulated sugar

1/2 c. Crisco

Sift together:

3/4 c. flour

1/2 tsp. soda

1/2 tsp. each of cloves and cinnamon.

1/2 c. brown sugar

1 egg

1/2 tsp. baking powder

1/2 tsp. salt

Add to blend. Add: 1 1/2 c. quick cooking oatmeal, 1/2 c. chopped nuts and 1 tsp. vanilla. Mix and form in two rolls. Store in refrigerator. Slice and bake in moderate oven (350') until browned.

CRACKER PIE-Mrs. C. L. Johnston

1/2 c. cracker crumbs	1 c. chopped raisins
1 1/2 c. sugar	1/4 tsp. cloves (ground)
1 c. hot water	1/4 tsp. cinnamon
1/2 c. butter	1/4 tsp. nutmeg

Mix, boil 2 or 3 minutes and bake with 2 crusts.

RHUBARB PIE-Mrs. Chas. Knight

4 c. cherry rhubarb	1 3/4 c. sugar
2 eggs slightly beaten	1/2 tsp. salt

Melted butter or margarine, 1 tbsp.

Wash and cut off ends of rhubarb. Cut in 1/2 inch lengths. To the eggs add sugar and salt. Add to the rhubarb. Turn into unbaked 9" pie shell. Drizzle melted butter over rhubarb before putting on top crust. Bake 20 min. at 450' and 20 min. at 350'.

GELATIN CREAM PIE-Mrs. T. C. Mayo

3/4 c. sugar	2 tsp. gelatin
1 c. whipping cream	3 egg yolks
1 1/3 c. milk	1 tsp. vanilla

dash of salt

Soak gelatin in 1/3 c. milk 1/2 hr. or longer. Heat remaining milk in double boiler. Stir beaten egg yolks mixed with sugar and salt into hot milk and cook until mixture coats the spoon, stirring constantly. Remove from fire and as it begins to cool add vanilla. Place in refrigerator and when beginning to jell add the cream whipped. Pour into cooked pie shell. Garnish with chopped maraschino cherries or chocolate bits and place in refrigerator until ready to serve. Make the day before using if possible.

PEACH CREAM PIE-Mrs. James C. Powell

Line 9" pan with crust.

Mix 1 c. sugar	1/2 c. flour
----------------	--------------

pinch of salt

Place half of mixture in unbaked crust. Peel and halve fresh peaches. Lay peaches in mixture cut side up. Pour balance of mixture over peaches. Then pour 1 1/2 c. light cream over all. Bake in 450' oven 10 min. then reduce heat to 350' and bake 20 min. longer.

LEMON PIE-Mrs. A. M. Rulofson

Shell... Beat 4 egg whites until frothy; add 1/4 tsp. cream of tartar; then gradually while beating add 3/4 c. sugar. When stiff spread on well greased pie pan. Bake in slow oven 300° for 45 minutes.

Filling:

Combine 4 egg yolks, 1/2 c. sugar, 6 tsp. lemon juice, 1 tsp. grated lemon rind. Cook in double boiler until thick, cool, spread in meringue shell. Chill thoroughly and just before serving, spread top with whipped cream.

CRANBERRY-ANJOU PEAR PIE-Miss Jessie A. Steele

Make crust for two crust pie. Peel and slice fine 1 1/2 c. ripe pears. Cut in half cranberries for 2 cups. Mix fruit with 1 1/2 to 2 c. sugar; 1/2 tsp. cinnamon and 1/4 tsp. salt. Place mixture in unbaked crust; cover with top crust and bake 30 to 40 minutes in moderate oven.

STRAWBERRY PIE-Mrs. Harold Skou

2 baskets strawberries 1 1/2 c. sugar
5 1/2 tbsp. cornstarch 4 tbsp. water
pinch of salt

Wash and stem berries. Place large berries in bottom of a baked crust. Drain berries well first. Cover balance of berries with water and sugar. Bring to boil, add cornstarch dissolved in the 4 tbsp. of water. Cook 5 minutes. Cool. Cover berries in pie crust with mixture. Let stand in refrigerator at least 6 hours. Cover with whipped cream.

ORANGE CHIFFON PIE-Mrs. Geo. Conn

Mix 1/2 c. sugar 3 tbsp. flour
1 c. boiling water

Cook in double boiler, stirring constantly until mixture begins to thicken. Add yolks of 3 eggs well beaten with 4 tbsp. powdered sugar. Add the grated rind of 1/2 orange, 3 tbsp. orange juice and 1 tbsp. lemon juice. Cook for 2 minutes more, stirring constantly, then add 1 tbsp. of gelatin which has been dissolved in 1/4 c. water. Remove from heat and cool until mixture is

lukewarm. Then fold in stiffly beaten egg whites and pour into baked pie shell. Chill in refrigerator until ready to serve.

ANGEL PIE-Mrs. T. L. Wagenbach

Meringue crust:

4 egg whites, add 1/4 tsp. cream of tartar and beat well.

1 c. sugar, add slowly and beat until stiff.

Spread in 12"x7 1/2" glass baking dish, bake 20 min. at 275' then 30 min. at 300'. Cool.

Filling:

4 egg yolks

1/2 c. sugar

5 tbsp. lemon juice

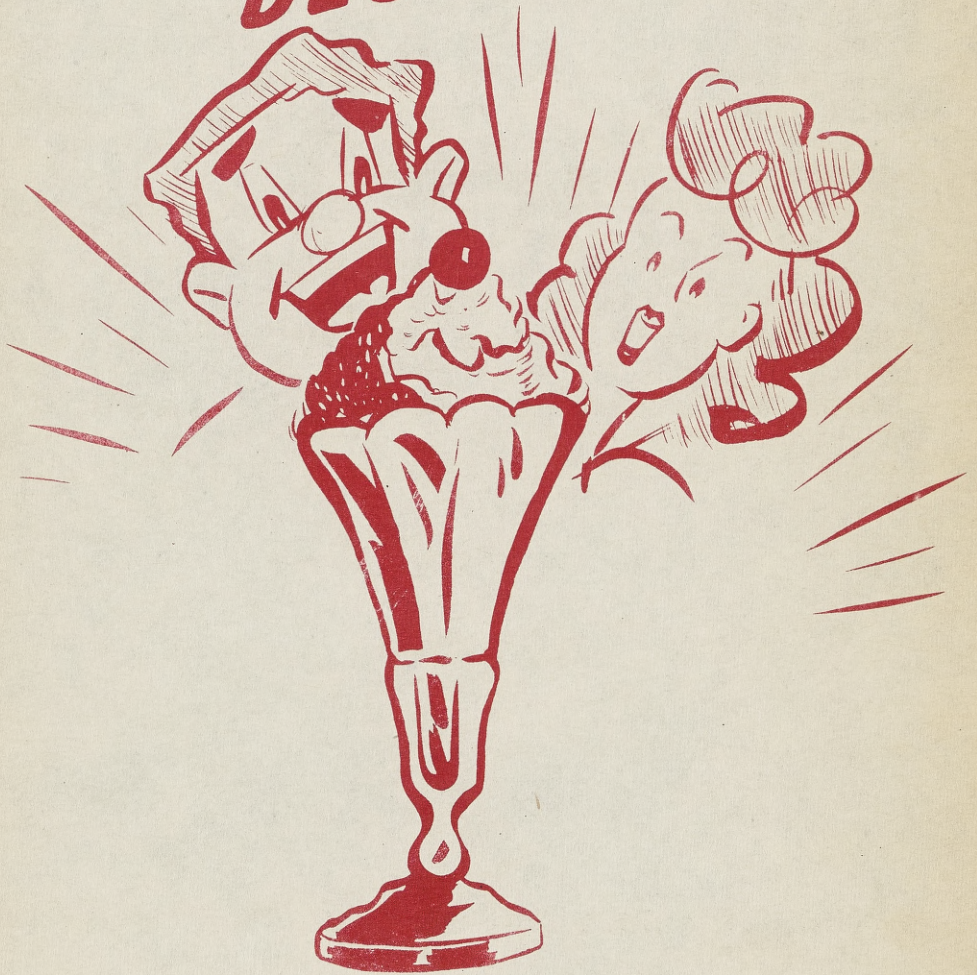
2 tsp. grated lemon rind

Cook over hot water until thick stirring often. When half cooled, fold in 1 c. whipped cream and spread over crust. If desired, top with layer of whipped cream and garnish with chopped cherries.

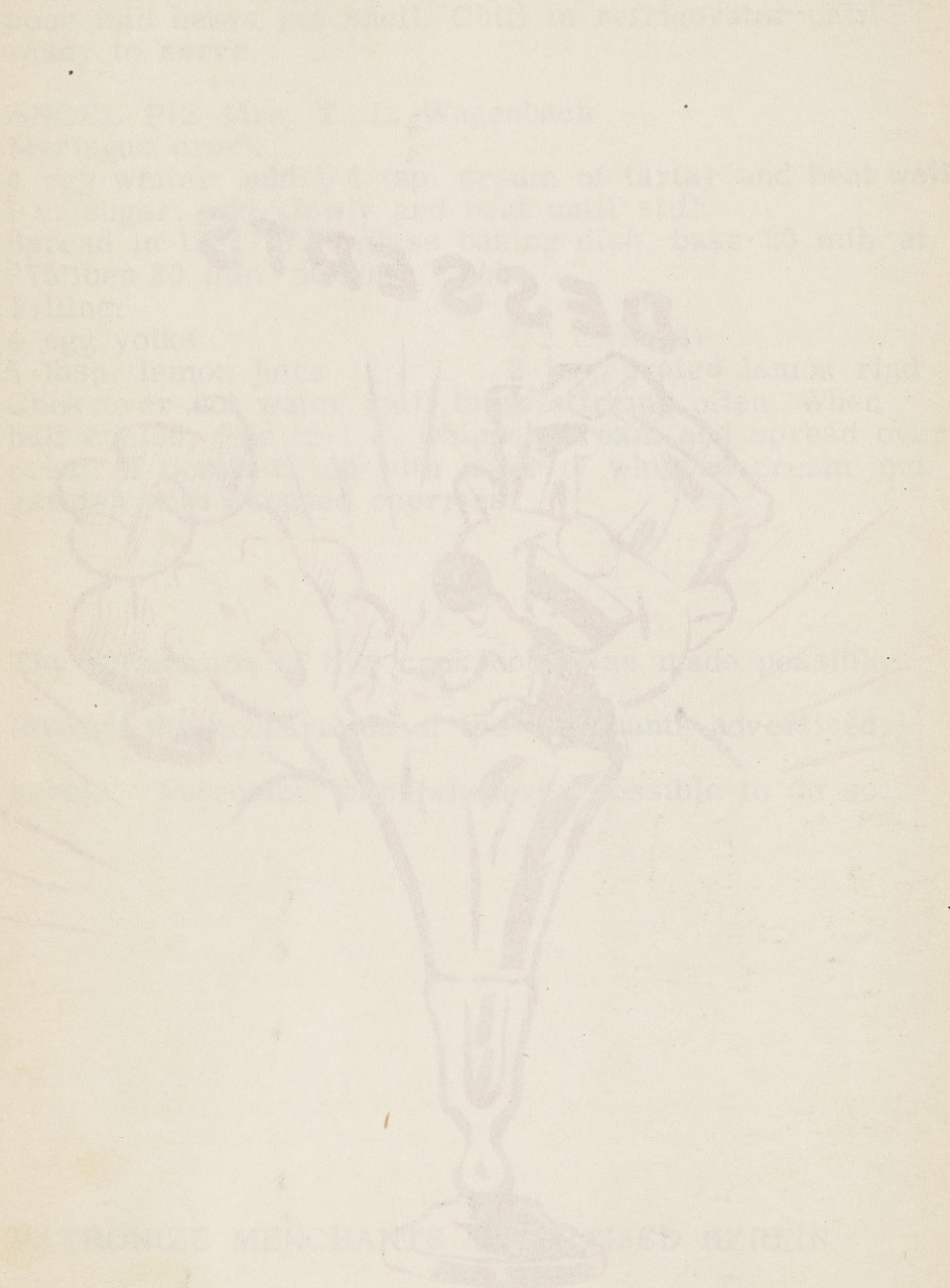
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CHOCOLATE PUDDING

1 tbsp. cocoa
1 pt. milk
1/3 c. sugar
1/4 c. butter
2 tbsp. cornstarch
1/2 c. nuts
pinch of salt

Mix cocoa, sugar, cornstarch and salt in top part of double boiler. Heat milk and combine with dry ingredients. Cook for 5 min. after it begins to boil, stirring constantly. Add butter, nuts and flavoring.



Dog-gone it honey
you did it again,
Made chocolate pudding
but made it too thin.

BUTTERSCOTCH PUDDING

1/2 c. brown sugar
1 1/2 c. milk
2 tbsp. cornstarch
1/2 tsp. vanilla

1 tbsp. butter

Mix together brown sugar, milk, cornstarch and cook until thick. Add butter and vanilla. Cool. Top with whipped cream. Serves 4.

GRAHAM CRACKER PUDDING

20 graham crackers (rolled, but not too fine)
3 bananas (sliced)
2 c. milk
3 tbsp. flour

3/4 c. sugar
pinch of salt
2 eggs

Heat milk. Mix sugar and flour together with 1/2 c. cold milk and stir into hot milk. When thickened, stir in 2 well beaten eggs and 1 tbsp. vanilla. Put cracker crumbs in bottom of dish. Alternate fruit and custard until dish is filled. Place in refrigerator and serve with cream.

TUTTI FRUITI ICE CREAM

2 qts. heavy cream

1 small bottle
maraschino cherries

1 qt. milk
4 eggs
1 1/2 c. sugar

1 c. nutmeats
2 tsp. vanilla
1 can pineapple
(small)

Beat eggs, add sugar, vanilla, cherries (cut fine, pineapple. Milk and cream. When partly frozen, add nuts.

ANGEL FOOD ICE CREAM

Whites of 3 eggs, beaten stiff and dry, add 1 c. powdered sugar, continue beating until well mixed with egg whites. Whip 1 qt. of cream, fold whipped cream into egg and sugar mixture, add 1/2 tsp. vanilla. Pack in pound can. Fill very full. Place sheets of buttered paper over top, put on lids, pack in ice and salt and let stand 2 hrs. or more. Use equal parts of salt and ice. Fruit or nuts may be added.

VANILLA ICE CREAM

1 pt. cream
1 pt. milk
2 scant tbsp. flour
1/3 tsp. salt
2 eggs
1 c. sugar
1 1/2 tsp. vanilla

Mix sugar, flour and salt. Beat eggs until light. Add 1/4 c. milk and combine with first mixture. Heat cream and remainder of milk to boiling point and add to mixture. Cook all in double boiler 20 min., stirring constantly until smooth. Strain, cool, add flavoring and freeze. To make a gallon, double amounts. This makes a delicious ice cream. To make strawberry, add 1 pt. of fresh berries (run through the ricer and sweeten with a cup of sugar.)



If you got a man
with a big strong arm,
Make home-made ice cream
like they do on the farm.

FROZEN FRUIT SALAD

6 Servings

Here's something
that makes faces beam,
Frozen dessert
with plenty of whipped cream.



1 c. orange sections sliced
1/3 c. oil mayonnaise
1/2 c. cherries, Royal Ann
1/2 c. Maraschino cherries

2 tbsp. cream
1 c. canned pineapp'
1 c. whipping cream
1/2 c. pecans
2 tbsp. sugar

Mix cheese with 2 tbsp. cream, add mayonnaise, lemon juice and salt. Combine fruit, sugar and nuts. Fold in whipped cream. Freeze without stirring.

ICE BOX PUDDING

1 c. ground graham crackers

1/2 c. plain cream

Mix and let stand while fixing fruit. Mix in bowl the following fruits:

1/2 c. dates, cut small

2 1/2 c. raisins

1/2 c. walnuts, broken in pieces

1 c. marshmallows, cut

Mix well and knead like bread and roll. Serve in slices with whipped cream.

FRUIT ICE BOX CAKE

Line pan with vanilla wafers;
layer of bananas

sliced pineapple, cut
in small pieces

Cover with mixture of:

1 cube butter

2 eggs

2 c. powdered sugar

Repeat to top of pan,
cover with mixture, let set
a few hrs. and serve.

COCOANUT BANANA SNOW

Combine 3 bananas.
Cut in small pieces, 1/2
c. powdered sugar, 2 tsp.
lemon juice. Force
through sieve and chill,
fold chilled fruit mixture
into stiffly beaten egg
white, then fold in 1/2
c. whipped cream and
1/2 c. shredded cocoanut.

STRAWBERRY DESSERT

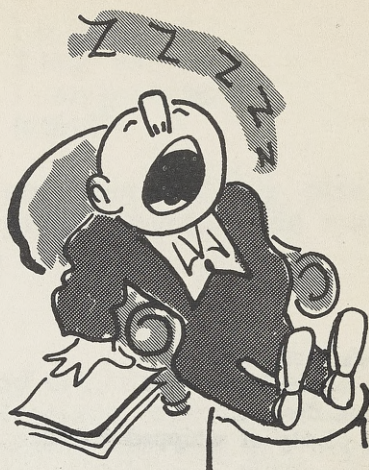
1 pt. strawberries, 1/2 c. milk, 1/2 lb. marshmallows,
1/2 c. sugar (gran.), 1/3 lb. vanilla wafers, 1 c. whipped
cream. Cut marshmallows, boil milk, pour over marsh-
mallows. Cool. Fold in whipped cream, 1st. strawberries,
then wafers until all is used.

FROZEN FRUIT CAKE

2 c. milk, 1/2 c. sugar, 1/4 c. flour, 1/4 tsp. salt, 2
beaten eggs, 1/2 tsp. vanilla, 1 c. white raisins or dates,
1 c. broken pecans, 2 c. crumbled almond macaroons, 1
c. whipping cream. Scald milk in double boiler, blend
sugar, flour and salt and add to milk, stirring until smooth
and thick. Cook 10 min. and gradually pour over beaten
eggs. Return to double boiler to complete cooking. Flavor
with vanilla. Cool and add fruit, pecans and macaroons.
Fold in cream which has been whipped. Pour mixture into
refrigerator tray and freeze or pack in ice and salt.

FROZEN TAPIOCA DESSERT

2 c. cold coffee, 2 tbsp. (heaping) minute tapioca, 1 c.
raisins, 1 c. brown sugar. Mix and cook until clear. Add
1 tsp. vanilla, cool. When cold add 1 c. chopped nuts, and
1/2 pt. whipped cream. Chill or freeze as liked best.



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after a hard days grind,
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DESSERTS****

AMBROSIA-Alice Ione Shaw

1 pkg. lime Jello dissolved in 1 c. boiling water. Add:
1 c. crushed pineapple 1 c. cream, whipped
1 doz. marshmallows cut fine
1 c. farmer style cottage cheese
Mix together with maraschino cherries on top or cut into mixture. Cool and slice. (Used as a salad with dressing, or as a dessert with whipped cream)

CARROT PUDDING-Mrs. John Bixby

1 c. fruit mix 1/2 tsp. nutmeg
5 rounding tbsp. flour 1 c. grated raw carrots
1 tsp. soda 1 c. grated raw potatoes
1 tsp. cinnamon 5 tbsp. sugar
1/2 tsp. cloves 2 tbsp. melted butter
Place in a greased pan. Cover tightly with paraffin paper. Steam for 3 hours.

CHERRY-NUT CREME-Mrs. Percy R. Jackson

1 3 1/4 oz. pkg. vanilla pudding
1 3/4 c. milk 1/4 c. sugar
1/2 tsp. vanilla 16 vanilla wafers
1 tbsp. (1 env.) unflavored gelatine
1/4 c. milk 1/2 c. diced marshmallows
1 c. heavy cream 1/2 c. chopped California
1/2 c. chopped maraschino cherries (walnuts)
Prepare pudding as directed on package, using 1 3/4 c. milk. Soften gelatine in 1/4 c. milk. Stir into hot pudding until gelatine dissolves. Cool at room temperature. Whip cream and add sugar and vanilla. Fold into pudding. Line an 8 inch square baking dish with vanilla wafers. Pour over 1/2 of pudding mixture; sprinkle with marshmallows and half of chopped walnuts and maraschino cherries. Pour over remaining pudding and top with remaining walnuts and cherries. Chill thoroughly. Cut in squares and serve with whipped cream. Serves 9 large pieces or 12 medium. This is so easy to make and can be made a day ahead and is truly delicious.

DE LUXE RICE CREAM-Mrs. H. M. Thayer

1/2 c. rice cooked in 1 c. water. Boil until dry. Add 1 pt. hot milk. Cook in double boiler 1 hour or more. Add 1 large tbsp. gelatine, 2/3 c. of sugar. Let cool and add 1 pt. cream whipped. Add pinch of salt. Put in mold. Serve with butterscotch, chocolate or maple sauce. Serves 8 to 10.

DATE ROLL- Mrs. J. McCune

24 marshmallows	1 c. nutmeats
1 c. candied cherries	24 graham crackers
2 c. dates	1/2 c. orange juice

Cut marshmallows fine with scissors, cut cherries and nuts fine. Pour orange juice over marshmallows and let stand while cutting dates. Mix 1 c. fine cracker crumbs with the other ingredients. Make into roll and roll in the 1 c. cracker crumbs. Wrap in waxed paper and store in refrigerator a few hours. Slice very thin and serve. Keeps indefinitely.

DEEP APPLE CRUNCH-Mrs. Frank DeLay

2 eggs beaten	1/4 tsp. salt
1 1/2 c. sugar	4 rounded tbsp. flour
2 1/2 tsp. baking powder	

Mix all ingredients. Add 2 c. chopped apples, 1 c. chopped nuts and 2 tsp. vanilla. Pour into a buttered baking dish and bake 250° 30-35 minutes. Serve with whipped cream. Serves 10 people.

ICE BOX PUDDING-Mrs. Clarence M. Hunter

1 c. butter	6 eggs
2 c. powdered sugar	1 tsp. each almond & orange (flavoring)
1 c. pecans	
1 qt. whipped cream	lady fingers

1/2 c. each crystallized cherries and pineapple
creme de menthe cherries.

Cream butter and sugar, add flavorings. Add 3 eggs, one at a time, beating vigorously after each egg. Add lightly beaten yolks of 3 eggs, nuts, crystallized fruit finely shredded. Stir lightly and add the stiffly beaten

whites of 3 eggs. Line a loose bottom pan on sides and bottom with lady fingers and fill with mixture. Let stand in ice box 24 hours. Cut into servings, add whipped cream, topped with creme de menthe cherries. Serve always with black coffee.

MINT CHOCOLATE REFRIGERATOR DESSERT-

Mrs. E. L. Chandler

Heat 1 c. milk and melt 1/2 lb. marshmallows in it and cool mixture. Whip 1 pt. cream and add to cooled mixture. Flavor with 3 drops oil of peppermint or peppermint extract to which green food coloring is added. Roll one small box of chocolate cookies, use 1/2 of the crumbs on bottom of dish, then add marshmallow cream mixture and top with remaining crumbs. Put in freezing compartment of refrigerator. Will keep several days and serves 12 to 15.

MOTHER'S VANILLA ICE CREAM-Mrs. Mort G. Algots

1 qt. milk	2 egg whites
1 can condensed milk	2 tsp. vanilla
2 tbsp. cornstarch	

Mix cornstarch with a little of the cold milk. Add to heated milk and condensed milk. Boil together. Cool. Add vanilla and beaten egg whites. Excellent plain or with various fruits in season. Freeze in mechanical freezer.

PINEAPPLE SHERBET-Miss Edna B. Hanna

3 c. sugar	1 1/2 qts. milk
------------	-----------------

Boil sugar in half of milk and cool by adding remainder of the milk. Freeze slightly and add juice of 3 lemons (if small) and 2 oranges and 1 small can of crushed pineapple.

STRAWBERRY ICE BOX PUDDING-

Mrs. Frank L. Hawley

1 pt. strawberries	1 c. heavy cream
1 c. powdered sugar	1 tsp. vanilla
15 graham crackers	10 marshmallows cut small

Wash and hull berries and keep 6 or 8 for top. Chop remainder of berries and add sugar. Let stand 10 min. Crumble crackers fine. Beat cream stiff, add vanilla and cut marshmallows. Mix prepared fruit and crackers and fold into cream mixture. Turn into pudding dish and let stand 4 to 6 hours or longer in refrigerator. Garnish with remaining berries, serve plain or with added whipped cream.

TOFFEE REFRIGERATOR DESSERT-

Mrs. Jessie Chandler

1/2 c. margarine	3 eggs, separated
1 c. confectioners sugar	1/2 tsp. vanilla
1 sq. unsweetened chocolate	1/4 lb. vanilla wafers,
1/2 c. nuts, finely chopped	(crushed)

Cream margarine and sugar together thoroughly. Add the melted chocolate and slightly beaten egg yolks and beat thoroughly. Fold in stiffly beaten egg whites and vanilla. Sprinkle half of the wafer and nut mixture on the bottom of a shallow pan (6x10). Spread evenly with the chocolate mixture and top with remainder of crumbs. Chill over night. Serves 8.

CHOCOLATE CREAMED COFFEE-

Complements of Betsy Ross Ice Cream Co.

1 qt. Betsy Ross chocolate chip ice cream	
4 c. hot chocolate	4 c. coffee
dash of cinnamon	

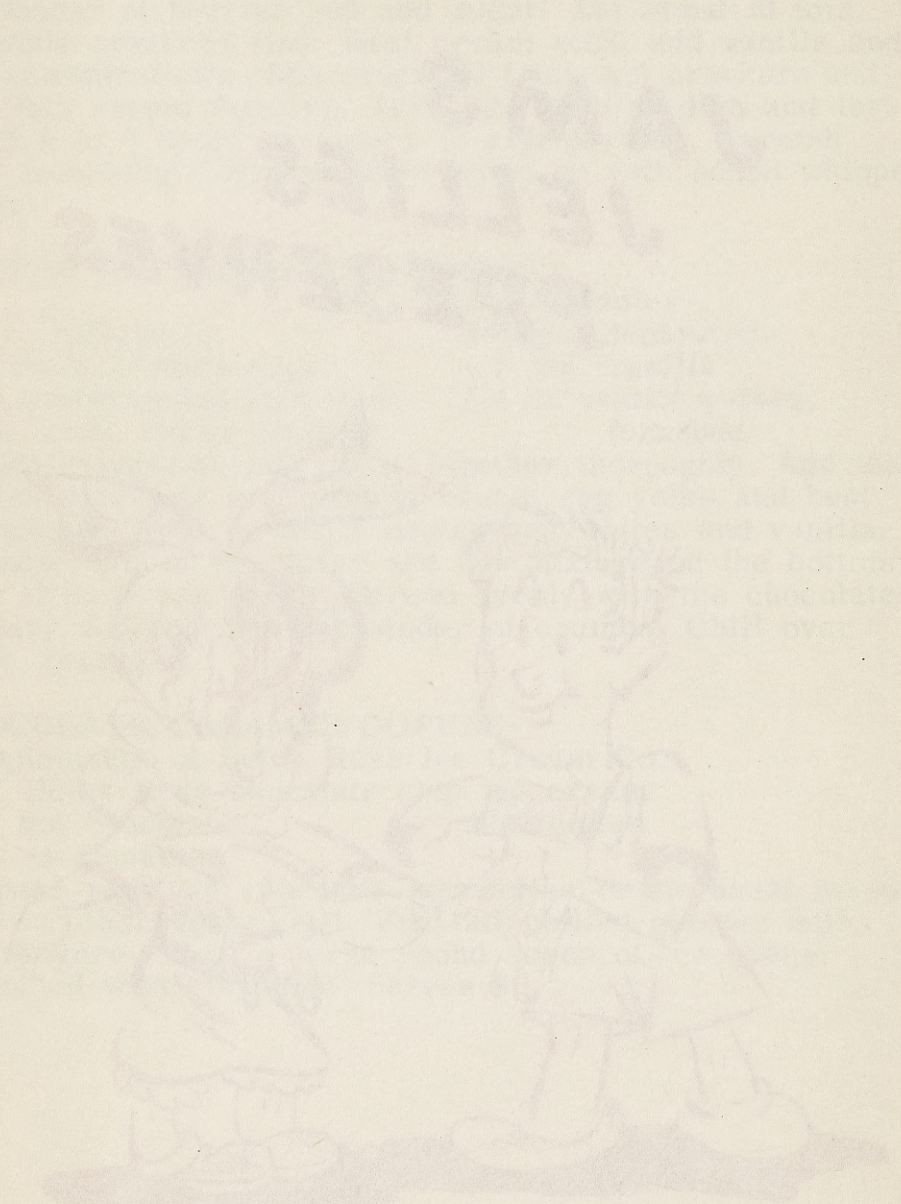
Prepare your hot chocolate and coffee in the usual manner mix and thoroughly chill. Fill tall chilled glasses with the mixture. Float a large round scoop of ice cream sprinkled with cinnamon. Serves 8.

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JAMS JELLIES PRESERVES



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STRAWBERRY JAM

1 c. mashed berries

2 c. sugar

Boil hard 3 min. Pour in jars and seal.

GRAPE JELLY

Simmer grapes for about 15 min. Remove juice. Do not start with water:

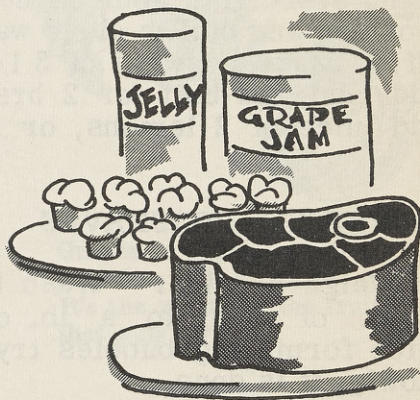
6 c. juice

7 c. sugar

Cook to fast rolling boil for 2 min. Remove from stove. Skim if necessary. Pour in hot glasses and seal. For best results make 1 batch each time.

EASY GRAPE JAM

Mix 4 c. washed and stemmed grapes with 3 c. sugar. Bring to a boil and boil for 20 min. Put the mixture through a colander or food mill. Pour into clean glasses and seal with paraffin while hot.



CRAB APPLE JELLY

Take sour fruit. Do not core or pare, merely wash, wipe and cut out blemishes. Cut into fourths, pour sufficient water to cover and simmer until soft. Then drain through a cheesecloth bag and let drip overnight. Measure the juice add 1 qt. of juice. Put sugar in a slow oven to get warm. Boil apple juice and lemon juice for 1/2 hr. Then add sugar and boil until it jells when tried in spoon or dish.

There are plenty of uses for jelly and jam. Serve with hot biscuit next time you have ham.

PATRONIZE OUR ADVERTISERS

STRAWBERRY PRESERVES

Boil together 2 c. sugar and 1 c. water until it will thread, add 2 c. strawberries. Cook 1 min. after they begin to boil, then add 2 c. strawberries and 2 c. sugar boil 10 min. more. Let stand overnight and put in sterilized jars next morning.



WATERMELON PRESERVES

Peel and cut a medium thick watermelon rind in cubes. 1 gal. of water and 1 kitchen tbsp. of lime, stir until dissolved. Pour same over rind and let stand overnight. Pour off next morning and boil in clear water for 15 min. then pour water off. Make a syrup of 3 1/2 lbs. of sugar, 1/2 gal. water, add rind and boil for 2 hrs. Just before taking from fire add juice of 2 lemons, or 2 small cans crushed pineapple.

Yellow tomatoes
make dandy preserves,
Maybe it's exactly
what your husband deserves.

DEWBERRY PRESERVES

Weigh berries. Wash thoroughly and then mash. Add a lb. of sugar to a lb. of berries. Cook rapidly. When juice forms big bubbles try a little in a saucer. If it runs slowly, it is done.

FIG PRESERVES

5 lbs. figs
4 lbs. sugar

1 lemon, sliced thin
1/2 tsp. salt

Peel figs leaving the stems on. Put in vessel they are to be cooked in, with the sugar, lemon and salt, and place in refrigerator overnight. The next morning there will be a good syrup and no water is needed. Put on stove and cook. Skim when necessary, but do not stir as the figs are easily broken up. Boil until the figs are transparent and the syrup thick. A piece of root ginger may be tied in a cloth bag used instead of the lemon, if preferred. Pour into sterilized jars and seal.

1 c. mint leaves
(packed tightly)
1 c. boiling water

3/4 c. sugar
1 c. apple juice

Pour boiling water over mint leaves and steep 1 hr. Press the juice from the leaves and add 2 tbsp. of this extract to apple juice and sugar. Boil rapidly to jelly stage. Tint with green vegetable coloring. Pour into sterilized jelly glasses.

MUSTANG GRAPE JELLY

Wash and steam grapes. Barely cover with water, and cook until tender. Strain off juice through a cloth. Cook 2 c. juice to 2 c. sugar. After it starts boiling, boil 15 min. Pour into glasses and seal with paraffin. This recipe has never failed me.



DEWBERRY JELLY

1 qt. dewberries
3 c. cane sugar

Grapes or apples
or plums will do,
It's the pectin in the fruit
that jells for you.

Add to dewberries enough water so when boiled and strained there will be 2 c. of liquid come to a boil, cut off fire and add the sugar and stir until dissolved. Pour into jelly glasses and seal.

SIMPLE WAY TO MAKE A PERFECT CRANBERRY JELLY

4 c. cranberries
2 c. sugar

2 c. water

Boil hard 10 min. Strain or leave berries in as preferred.

PICKLED CANNED PEACHES

1 No. 2 1/2 can peach halves
1/2 c. vinegar
1 c. peach syrup from can
1-3 in. stick cinnamon
1/2 c. granulated sugar

Stuff each drained peach half with 3 or 4 cloves, simmer for 3 or 4 min. with vinegar, peach syrup, cinnamon and sugar. Cool and store in refrigerator.



SPICED CANTALOUPE

1 qt. cantaloupe
1 pt. vinegar
1 lb. sugar
cinnamon bark

cloves

When canning fruit
know when to stop,
Too much in a jar
will blow its top.

Cut cantaloupes into strips about an in. wide and peel off outside rind. Cover with strong salt water and let soak several hrs. or overnight. Drain. Cook in plain water and when soft, put in syrup of vinegar, sugar and spices (tied in bag), and boil until transparent. Put into jars and cover with syrup.

CANNED STRAWBERRIES ICE CREAM TOPPING

Wash 2 qts. strawberries, hull and drain in colander. Place 2 c. sugar in large pan and add berries. Let sugar dissolve over low flame, stir occasionally. After dissolved turn up flame and cook until berries foam up. Remove from fire instantly and pour into prepared jar and seal.

TOMATO CONSERVE

5 lbs. peeled, ripe tomatoes
3 lbs. sugar
1 stick cinnamon

3 lemons, thinly
sliced

Combine ingredients and allow to set overnight. In the morning, drain the liquor which has formed and cook until it spins a thread. Add the other ingredients and cook until thick and clear. Turn into hot sterilized jars at once.

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JAMS * JELLIES * PRESERVES***

CHILI SAUCE- Mrs. L. Ralph Richard

(Delicious)

2 qts. tomatoes-peeled and cut small

Grind up:

3 large onions

2 red peppers

2 green peppers

1/2 hot pepper

1/4 c. salt

1/2 tsp. cinnamon

1 c. sugar

1/4 tsp. nutmeg

1 c. vinegar

dash cayenne, black pepper, cloves and allspice

Cook slowly about 3 hours. Stir. Watch for scorching.

Makes about 4 pints.

WATERMELON RIND PICKLES-Mrs. Paul Freeman

Trim the green outer skin and the pink flesh from thick firm watermelon rind. Cut into pieces of desired shape. (About 2 qts. of prepared rind). Cover and soak for 4 hours in iced lime water (1 tbsp. slaked lime to each quart of water) or soak overnight in salt water (4 tbsp. salt to each quart of ice water). Lime water makes a crisper pickle. Drain, rinse, and cover with clear water and boil about an hour. Drain. Drop into hot syrup made by cooking:

2 c. cider vinegar

6 c. granulated sugar

1 tbsp. allspice (whole)

1 tbsp. whole cloves

1 stick cinnamon

Cook until transparent and let stand overnight in syrup. Next morning bring to boil and cook until thoroughly heated and seal in sterilized jars.

STRAWBERRY PRESERVES-Mrs. Josephine Renfro

Strawberry preserves made on this recipe will be bright clear red, with whole, plump strawberries throughout with syrup, and with a true flavor.

1 c. strawberries, washed and stemmed and left whole.

1 c. sugar

Place in pan and shake gently until berries are thoroughly coated. Bring to a brisk boil, taking care to

shake pan so that they do not stick before sugar is thoroughly dissolved. As soon as they boil add: 1 more cup of sugar and again bring to a boil. Start timing the second they boil and time for 7 1/2 minutes, no more. Turn into a crock or mixing bowl and allow to stand overnight. Stir gently, next day. Place in sterilized jars and seal with paraffin. Cook only this amount at one time for best results, although several batches may be cooled overnight in the one large bowl.

CHILI-Mary Simpkins

(My husband's favorite recipe)

5 lbs. lean beef (ground chili size)

1/2 lb. beef suet-ground 1/2 tsp. paprika

3 cloves garlic, chopped 1 tbsp. chili powder

cayenne pepper to taste 1 tsp. salt

2 c. water

Simmer in an uncovered pot until meat is tender, 2 or 3 hours, stir occasionally.

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May we suggest, that before you set out to invest your food dollars in meat - plan your strategy. The results will pay good dividends in satisfying taste-tempting foods that will give you the most for your money.

Learn the indications of flavors and tenderness before you buy. Know what you want, how to recognize it and how to cook it.

About 70% of all meats sold in the United States are federally inspected and must pass federal inspection standards. They are stamped in abbreviated form, "U.S. Inspected and Passed." In many cases you will also see other government markings. These symbols identify the grade of meat.

U.S. Prime: Highest grade of meat. Limited in quantity, little ever reaches retail markets.

U.S. Choice: Highest grade of meat commonly found in markets, rich and flavorful. With the exception of veal, it will have a smooth, moderately thick fat covering and extensive marbling of fat with lean.

U.S. Good: Most popular grade of meat sold in volume. Fat covering is somewhat thinner than that of "Choice."

U.S. Commercial and U.S. Utility: Fourth and fifth in the grading scale. Leaner and lower priced. Fat covering is usually thin, and the cut surface shows little or no marbling.

Grading of pork: Pork sold at retail is not usually graded since it is more uniform in age than other meats when slaughtered and there is less variation in quality.

Let's look at the actual appearance of the meat itself.

Beef: The flesh of high-quality beef is bright red, firm, fine-grained, and well-marbled with fat. Exterior fat should be creamy-white, brittle or crumbly.

Lamb: The flesh is pinkish red, fine-grained. The fat is clear, creamy-white, brittle.

Pork: The flesh is grayish pink, relatively firm with a fine grain. Usually streaked with fat.

Veal: The flesh of young calves is light, grayish-pink, fine-grained and sparsely streaked with fat. The small amount of fat which surrounds the larger cuts is clear and white. Cuts of veal have no visible marbling.

Mutton: Can be distinguished from lamb by its dark red flesh and hard, white fat.

COMPLIMENTS OF

COVINA CITRUS ASSOCIATION

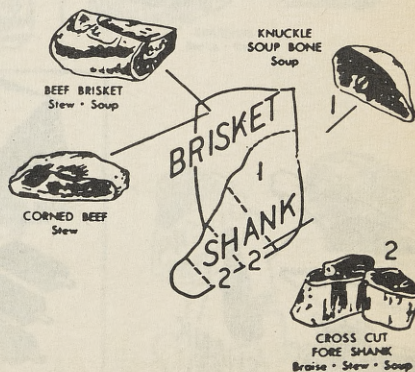
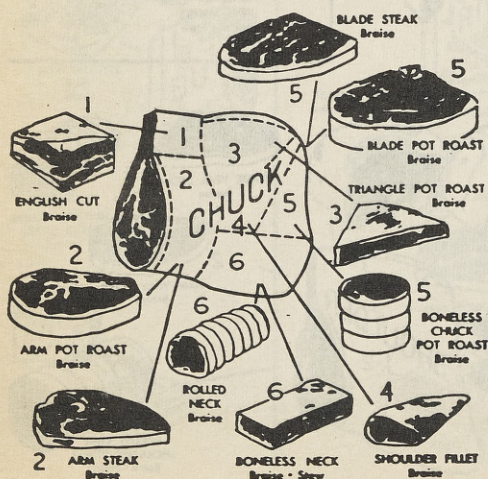
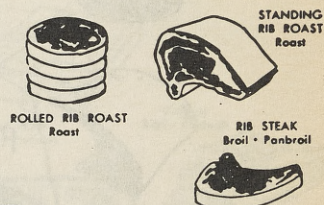
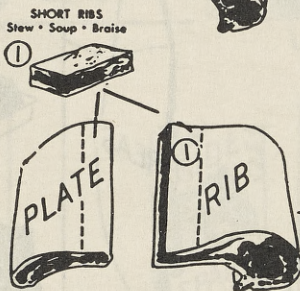
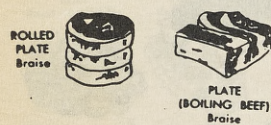
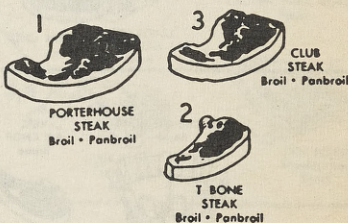
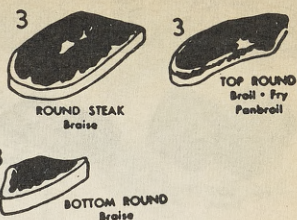
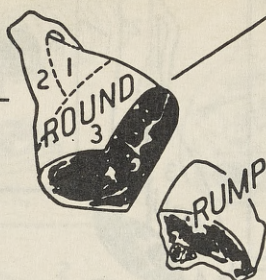
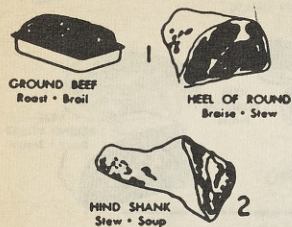
COVINA ORANGE GROWERS ASSOCIATION

DAMEREL-ALLISON ASSOCIATION

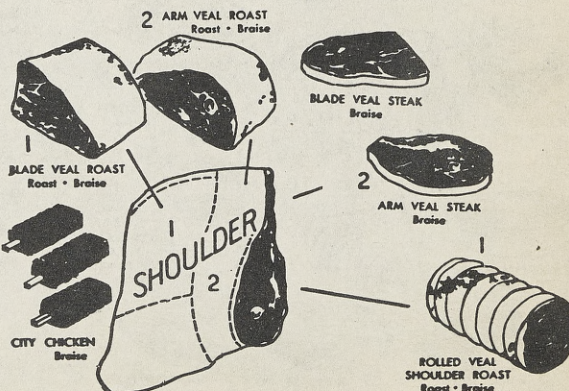
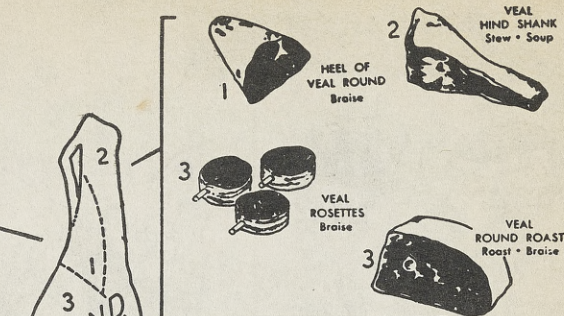
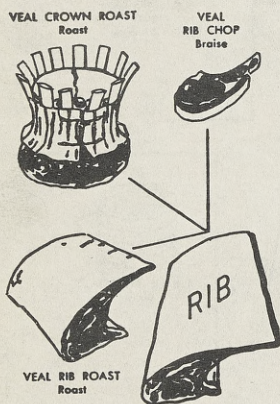
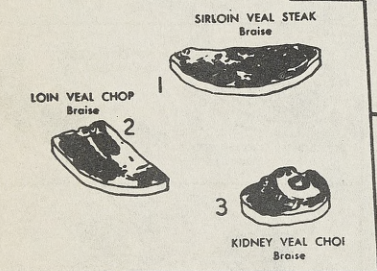
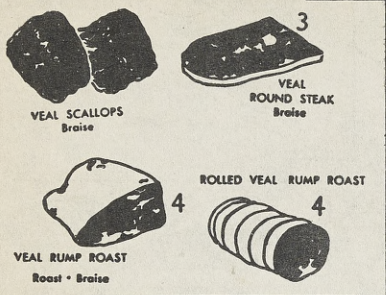
VALENCIA HEIGHTS ORCHARDS ASSOCIATION



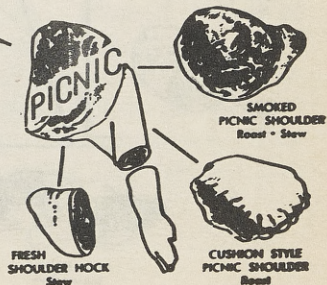
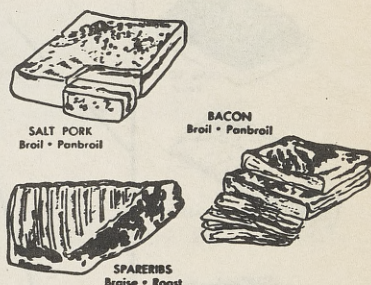
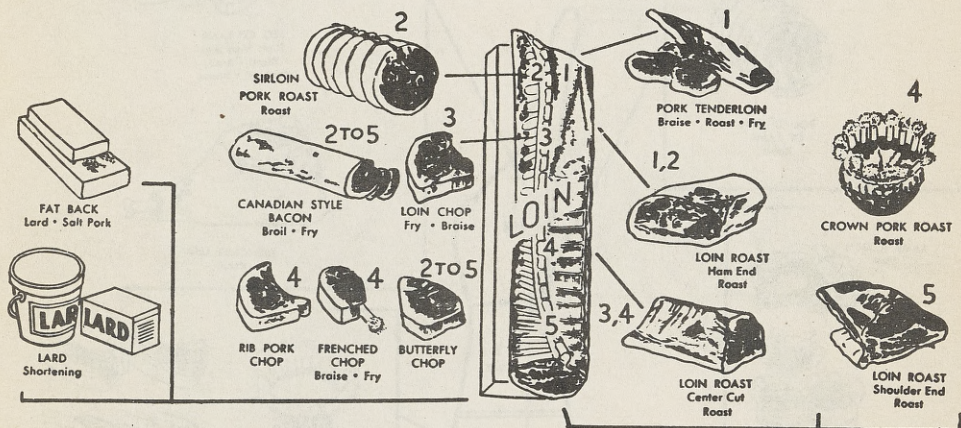
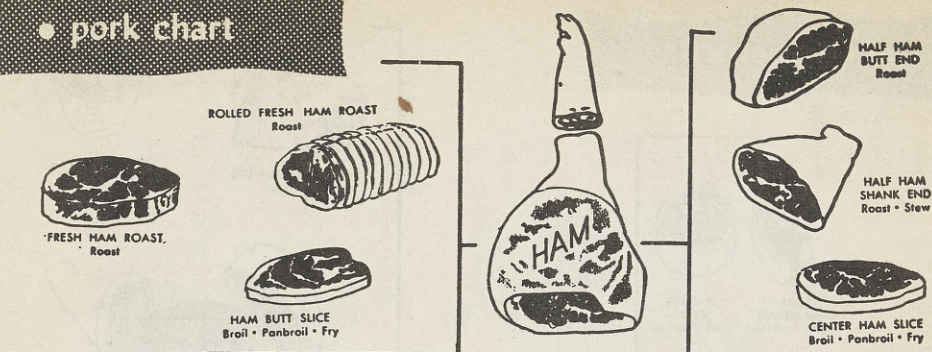
• beef chart



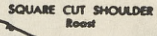
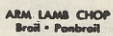
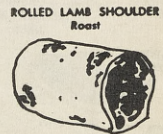
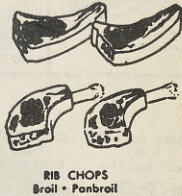
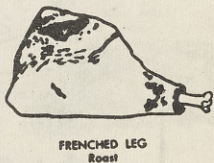
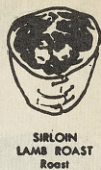
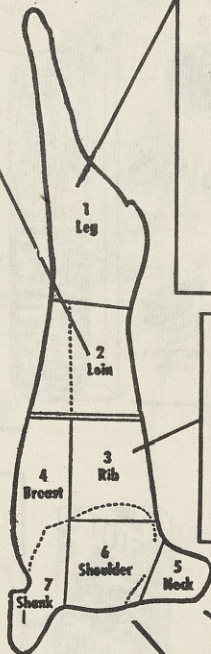
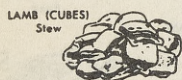
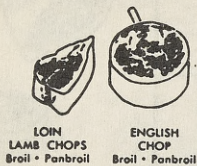
• veal chart



• pork chart



• lamb chart



SOUTHERN FRICASSEE RABBIT

1 frying rabbit. Marinate
1 hr. in mixture made as
follows:

2 tbsp. vinegar
1 tbsp. chopped parsley
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. nutmeg
1 clove garlic

Melt 4 tbsp. butter in pan.
Slice 2 onions thin, and brown
lightly. Add rabbit in mar-
inated. Cover tightly and
cook 45 min. Remove pieces
to serving dish. Make thick,
smooth gravy by adding flour
and hot water to fryings in pan. Pour over rabbit.



"How'd you do it, You-all?"
Asked the Dixie gentleman
with his southern drawl,
"Southern fried. That's it
you take that down Memphis way
and honey, you're a hit."

MEAT BALLS

1 lb. veal ground
1 lb. pork ground
3 eggs
1 tsp. paprika
1 tbsp. salt

1 clove garlic
1 c. crumbs
1 c. milk
1/2 c. grated cheese

Fry light brown in cooking oil, pour over 1 can of tomato
paste and simmer for 2 hrs. Serve with noodles or macaroni.

SPANISH STEAK

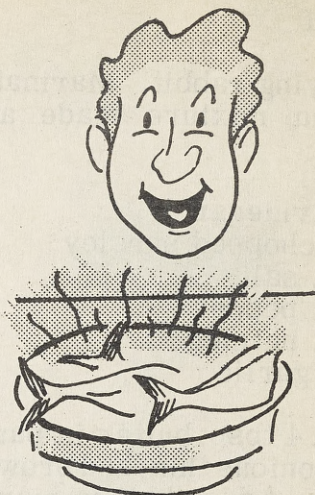
Take a 1 in. thick piece of round steak. Pound a cup of
flour in it. Salt and pepper on both sides before flouring. Put
a frying pan on stove with a quarter in. of fat in it. Get the
fat hot. Put steak in and brown on both sides. Take off stove.
Slice 2 or 3 big onions over it. Put 1 qt. of tomatoes over
this, add a little red pepper. Put in oven and bake 1 hr.

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SALMON LOAF

1 egg
2/3 c. undiluted milk
2 c. canned salmon, drained
1 c. bread crumbs
1 small onion, minced
1 tsp. grated lemon rind
1/2 tsp. salt
1/8 tsp. pepper
2 tbsp. melted shortening
2 tbsp. lemon juice

Set oven, Moderate, 350 degrees F., and grease loaf pan about 9x5x2. Beat eggs slightly, add evaporated milk, then the broken salmon, bread crumbs and onion, lemon rind salt, pepper. Mix well and add melted shortening, and lemon juice. Mix well again. Put into loaf pan, and bake about 50 min. or until firm. Serves about 6.



Three little fishies
in a brook,
You go catch 'em
with a hook.

Then I'll fry 'em
in a pan,
That's a good way
of gettin' a man.

BROILED FISH WITH TARTAR SAUCE

Clean and wipe fish as dry as possible. Sprinkle with pepper and salt. Do not remove head or tail. Place in a well buttered broiler and broil without splitting. If fish is split, broil with the skin side down until brown and crisp. Remove broiler to hot platter. Garnish with parsley and lemon slices and serve with tartar sauce. For tartar sauce use 2 hard boiled eggs, 1 tbsp. onion juice, 1 tbsp. capers, 1 tbsp. pickle, and 1 tbsp. pickle juice. Cut the above ingredients fine, and add to 1 c. of mayonnaise.

EASY TUNA FISH DISH

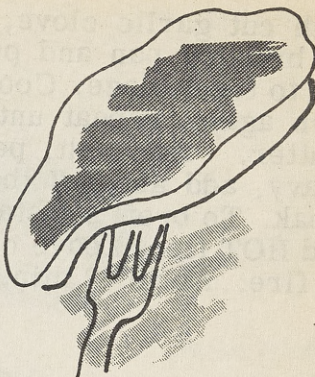
1 can tuna
1 can mushroom soup

small pkg. potato chips
or fritos

Use as given. Put in layers in dish, and bake in moderate oven until light brown. This usually takes about 30 min.

APPLES AND PORK CHOPS

Brown in frying pan as many pork chops as are desired. Do not cook until done. Place pork chops in a baking dish. Make brown gravy. Pare good baking apples. Place 1/2 apple on each pork chop. Fill centers of apples with raisins and brown sugar. Pour over all the brown gravy. Bake until apples and meat are well cooked.



BAKED PORK CHOPS

6 chops 1 in. thick
6 slices of pineapple
flour, pepper, salt
and celery salt

Here's a taste
that most men admire,
Good thick pork chops
hot off the fire.

Arrange chops in shallow pans and dredge with flour, pepper and salt and celery salt. Bake in hot oven and baste with 1 tsp. of water on each chop. After 30 min. lay 1 slice of pineapple on each chop and bake 15 min. longer.

HILO HAWAIIAN SPARE RIBS

2 med. sized onions, sliced	5 lbs. spare ribs
1 tsp. chili powder	2 tbsps. vinegar
1/2 tsp. red pepper	1 tbsps. salt
2 tbsps. worcestershire sauce	3/4 c. water
3/4 c. tomato catsup	1 tsp. paprika
1/2 tsp. black pepper	

Meaty spare ribs cut in 2 in. pieces, sprinkle with salt, pepper and flour, place in roaster and cover with sliced onions. Pour over this the sauce made of the remaining ingredients, combined. Cover and bake in 350 degree oven for 3 hrs. Baste occasionally, turning the meat once or twice. Remove cover during last 15 min.

BROILED STEAK

Select choice cut 1 in. thick or more. Remove any objectionable skin or gristle. Clip edge to prevent curling. Rub

with cut garlic clove, then with lemon juice. Place steak on broiling pan and put under blaze as near as possible not to touch blaze. Cook about 3 min. turn, broil other side, turn again, repeat until done as wanted. Remove to hot platter. Add salt, pepper, and melted butter. To make gravy, add about 2 tbsp. water to drippings and pour over steak. To broil satisfactorily requires a hot pan, hot broiler and HOT fire. Leave oven door open and steak will not catch on fire. About 12 min. to broil medium done.



Roast tom turkey
with all the trimmin'
Satisfy men
makes cooks out of women.

ROAST TURKEY

After the stuffing is made and put in the turkey, make a thin paste of melted butter and flour and rub over the turkey, after rubbing turkey inside and out with salt and pepper. Place in open baking pan on trivet to lift bird out with pan. Place in hot oven, sear until beginning to brown. Lower heat and toss a cup of hot water and melted butter over turkey. Allow 25 min. to the lb., cook slowly (275 degrees). Baste often with the drippings in the pan. Add a little more water if needed. The last half hr. turn breast down so the juices will flow to white meat. A turkey cooked in an open pan is better and just as tender as when baked in a roaster. The giblets, neck, gizzard, and liver are boiled in water to make the gravy. Use stock and minced giblets with drippings in the pan. Never parboil a turkey, it loses its sweetness.

CLARKES

PRESCRIPTIONS



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MEAT * FISH * POULTRY****

BAKED HAM SLICE-Mrs. Dorothea Horbach

1 center slice ham, one inch thick

1/2 c. finely ground bread crumbs

1 tbsp. butter

1 tsp. dry mustard

1/2 c. brown sugar

1 c. pineapple juice

Bake one hour.

BARBECUED SPARE RIBS-Mrs. Frederick B. Muller

4 lbs. spare ribs, cut up (or more)

1 tsp. tabasco sauce

1 c. catsup

2 tsp. Worcestershire sauce

5 tbsp. brown sugar

8 drops Angostura bitters

2 tbsp. dry mustard

1 tsp. salt

2 tbsp. flour

4 tbsp. vinegar

Broil spare ribs for just long enough to get out some of fat. If very lean, this is not necessary. Beat sauce with rotary beater. Brush both sides of ribs with sauce, and broil on both sides, adding more sauce. Place in roaster, cover and bake at 300° oven for an hour.

Baste with sauce occasionally. To make crisp, remove cover last ten minutes.

BOILED SUET PUDDING -Ruth Alden Braislin

(To be served with roast beef)

1 c. chopped kidney suet 2 c. flour

1 tsp. salt

Mix thoroughly, adding enough cold water so that all the flour is moistened and pudding will hold its shape. Tie in a clean cloth and put in a large kettle of boiling water. Cover and boil one hour. Slice and serve, being sure to have plenty of beef gravy to accompany it. Serves 4.

CLAM SOUFFLE-Clara S. Ratekin

1 can Pioneer minced clams

salt

12 small crackers

pepper

2 eggs

butter

1/2 c. milk

Beat eggs, add milk, 1/2 of the crackers grated, but not too fine. Mix this with all the clams. Put in baking

dish. Put rest of crackers on top. Put butter size of an egg, cut fine, over top. Pour a little cream or milk over all.

EGG AND CHEESE LUNCHEON DISH-

Mrs. G. F. Preston

8 hard boiled eggs-cut up
1 small can pimento cut in strips
1 can cream of mushroom soup, thinned with a little milk
12 or 15 small soda crackers, rolled medium
1/2 lb. nippy cheese, grated
If crackers are unsalted, add salt. Place alternate layers of ingredients in baking dish. Cover. Bake 20-30 min. in a medium oven.

ESCALLOPED CHICKEN-Mrs. W. C. Sunday

Boil one large chicken until it will fall off the bones. Have toasted one loaf of bread; roll fine. Mix the boned chicken, broth, bread crumbs, 3 eggs, beaten; minced onion and one can mushrooms. Bake one hour in moderate oven. If the chicken is large one will serve about 15 people very generously. You may add green pepper and pimento too, if you wish.

ESCALLOPED CREAMED SALMON-

Mrs. Dan Morgan Smith

1 pt. can of salmon. Remove bits of skin and bone and drain off liquid. Mince fish fine. Thicken a pint of milk with 2 tbsp. cornstarch. Add 2 tbsp. butter, salt and pepper to taste. Grease casserole. Place a layer of fish, then a layer of sauce, then a layer of crushed cracker crumbs. Repeat ending with crumbs on top. Bake in oven till brown.

HAWAIIAN CURRY-Mrs. Ben Thorpe

1 qt. cocoanut milk	4 tbsp. flour
2 med. onions, minced	4 tbsp. butter
3 cloves garlic, crushed	salt to taste
1 piece green ginger, minced	2 tbsp. curry powder
2 or 3 c. diced veal, chicken, lobster or shrimp (lobster or shrimp is wonderful)	

Place butter in heavy-bottomed sauce pan or skillet and heat. Add onions and garlic; cook until onions are tender but no more than golden brown. Blend in flour, curry powder and ginger. Gradually add heated milk to the mixture, cook until sauce thickens, reduce heat and gently cook sauce an additional 5 minutes. Rub sauce through a strainer with the back of a wooden spoon and return to fire in a clean saucepan. Add enough table cream to make a consistency of heavy cream. Add meat or shellfish and heat, without boiling, to serving temperature. Serve over a mound of rice, with TRAYS OF SWEETMEATS

Crisp bacon, chopped	baby onion pickles
hardboiled eggs, chopped	gherkin pickles, chopped
roasted pecans, chopped	lemon or lime, quartered
sweet ginger, chopped	fresh cocoanut, grated
mango chutney	

Pass the sweetmeats at table to sprinkle over curry and rice.

JOHNIE MOZZOTI-Courtesy of Frank A. Lyons

1-8 oz. pkg. wide noodles	1 bell pepper
1 small can mushrooms	1 can tomato soup
1 lb. ground round steak	1/2 lb. nippy cheese (or less
2 large Spanish onions	salt and pepper to taste

Brown meat, onions and bell pepper, add soup and mushrooms and juice, and salt and pepper. Cook noodles in salt water. Combine the ingredients and put in casserole and heat through in moderate oven about 350'. Serves 8 to 10.

LAZY LEE HILL'S FRIED CHICKEN-

Mrs. Collis J. Hill

Have a frying size chicken cut into serving pieces. Sprinkle with salt, pepper, small amount of garlic salt, then flour lightly. Place in a shallow baking pan. Pour over chicken 1/2 c. melted bacon drippings. Bake one hour in 350' oven, turning pieces over when half finished baking. Do not cover the pan. Drain on paper towel. Rabbit can be cooked the same way except it takes one and a half hours baking time.

LUNCHEON CASSEROLE-Mrs. Stella P. Brown

1 c. cooked rice	yolks of 2 eggs
1 c. corn (cream style)	1/2 green pepper chopped
1 c. tomato	1/2 lb. grated cheese
2 egg whites, beaten	3/4 tsp. salt
a little pepper	

Mix all ingredients together. Fold in beaten whites of eggs. Crumbs may be put on top. Bake 20 minutes in a hot oven.

MEAT BALLS-Norma E. Dart

1 lb. ground beef	1 average size onion
horseradish to taste (about 1 dessert spoon)	
prepared mustard (about 1 dessert spoon)	
1 slice bread	1 egg

Enough canned milk to make it stick together. Form into balls, brown in frying pan. Pour over 1 can mushroom soup. Cook until meat is done, about 20 minutes.

PORK CHOP AND RICE CASSEROLE-

Mrs. M. A. Voisinot

6 pork chops 1 1/2 to 3/4 inch thick	
1 green pepper, seeded and sliced	
1 tbsp. fat	1 c. uncooked rice
1 sweet onion	1 can condensed tomato
salt and pepper	(soup)
1 can hot water, using soup can as measure	
1/4 c. dry bread crumbs	

Brown chops in fat in skillet. Transfer to a casserole or baking dish with a cover. Top each chop with onion and green pepper rings and pour dry rice over all. Drain fat from skillet, add soup and water and cook until boiling. Pour over chops, cover and bake at 350' oven about 45 minutes. Uncover dish and sprinkle crumbs around and return dish to oven to brown.

PORK CHOPS AND RICE-Mrs. Paul Cockrell

Brown 4 pork chops or pork steaks in a chicken fryer type pan. Season with salt and pepper. Sprinkle a scant cup of uncooked rice over the pork chops. Add 1 tbsp. grated onion, and a slice of bell pepper over the mixture.

Pour over all a can of Campbell consomme and about half a can of water. Cover and let simmer for about 45 minutes or until rice is cooked.

RICE ALMOND-Miss Romaine Thompson

1 lb. pork shoulder cut in strips and fried
1 large onion 1/2 bell pepper
1 small bunch celery 1 c. raw rice
1/2 c. blanched almonds

Fry onion, pepper, celery, rice, almonds until light brown. 1 1/2 pkgs. Lipton's chicken and noodle soup, added to 4 1/2 c. water. Bring to a boil and pour over the above mixture. Bake 1 hour 375'.

SALMON LOAF- Mrs. J. R. White

Mix together: juice of 1/2 lemon
1 can salmon 2 egg yolks
1/2 tsp. salt 1/2 c. cracker crumbs
1/4 tsp. paprika 1/2 c. hot milk
Fold in beaten egg whites. Bake at 400' for 1 hour.

SCALLOPED CRAB-Mrs. H. M. Curll

1 can (small) crabmeat 1/2 tsp. salt
1 c. bread crumbs 1/4 tsp. chopped parsley
2 hard boiled eggs 1/2 c. cream
1/4 tsp. chopped onion 2 tbsp. melted butter
Mix and bake 20 minutes in a 350' oven. Stir when about half done. 4 or 5 servings.

SHRIMP SOUFFLE-Claire McAtee

Make thick white sauce of 3 1/2 tbsp. flour, 4 tbsp. butter, 1 cup condensed mushroom soup. When slightly cool, add 3 beaten egg yolks, 1 c. shrimps or crabmeat, flaked, 2 hard cooked eggs, if desired. Then add 3 egg whites stiffly beaten. Bake in a greased dish in moderate oven 350' for 1 hour. If you care to, sprinkle some mushroom pieces on top before baking.

SPAGHETTI SAUCE-Mrs. Charles D. Samuels
chopped onion minced garlic

chopped fresh parsley (1 c. parsley to each garlic clove)
Cook above in oil (olive or peanut oil)
Dried mushrooms (soak in enough boiling water to float mushrooms. Lift out mushrooms. Repeat.) Cut in pieces. Water from mushrooms--strained through a fine cloth. Tomato paste and beef broth to make consistency desired. Season by tasting using Italian seasoning (Rosemary) oregano, poultry seasoning, caminos seed, freshly ground black pepper and salt. Add broths, and tomato paste and seasonings to the onion, garlic and parsley and simmer until well blended. Can be made in quantity and kept frozen.

SPANISH RICE (BAKED)- Mrs. A. M. Pence

1 1/2 lbs. ground round or hamburger

1 large onion, finely chopped

1 c. uncooked rice

1 c. celery, finely chopped

1 large can tomatoes (1 qt. can)

2 c. water or tomato sauce salt and pepper to taste
(use 1 small can tomato sauce and add water to make the 2 cups)

Mix well and put in a covered dish and bake 2 hours 375' oven. It is well to stir once while baking. Serve 15.

SUNDAY NIGHT SPAGHETTI SUPPER-

Mrs. B. G. Allen

1 lb. spaghetti boiled in salted (2 tsp.) water

1 onion, cut and fried

2 lbs. ground meat, cooked in frying pan. Add to drained spaghetti, add 1 c. tomatoes, 1/2 c. catsup, 2 cans cream style corn, 1 can olives, 2 tbsp. sugar, 1/2 lb. cheddar cheese, cut up small. Turn into greased baking dish and bake for about 3/4 hour. Serve with hot rolls and a green salad.

SWEET AND SOUR SPARERIBS- Mrs. Truman Johnson

1 1/2 lbs. spareribs

2 onions

1 tbsp. soy bean sauce

1 c. diced pineapple

2 green peppers

1 tbsp. lemon juice

1/2 c. mixed sweet pickles

2 tsp. cornstarch

pepper and salt to taste 1 1/2 tsp. sugar

1 1/2 c. broth from spareribs

Separate ribs and cook in small amount of boiling water for 15 minutes. Remove from broth and place in open pan under broiler until slightly browned and crisp. Cut peppers and onions in small pieces and fry in oil until tender but not crisp. Add the broth, pickles, pineapple, sugar, soy sauce, lemon juice, salt and pepper. Thicken this gravy with cornstarch. When ready to serve pour gravy over browned ribs and serve with fluffy boiled rice.

TAMALE LOAF-Mrs. Hobart Cushman

1/3 c. shortening

2 eggs

1 med. onion

1/2 tsp. salt

2 cans tomato sauce

1/2 tsp. pepper

1 c. corn meal

1 tsp. chili powder

2 c. ground beef

3/4 c. canned corn

Mix all together and bake 45 minutes at 350' F.

TAMALE PIE-Miss H. M. Hurst

Fry 1 large onion in meat fryings. Add 1 or 2 chili peppers (fresh or canned) When done add 1 large can tomatoes and 2 or 2 1/2 lbs. cooked stew meat cut in small pieces. Cook a while, then thicken and add olives. Make a mush using beef broth and 1 to 2 c. meal. Cover mixture with mush. Bake slowly.

TEE WEE HAM LOAF-Mrs. David P. Bisbee

1 lb. raw ham or left over roast

1 c. tomato juice or sauce

1 lb. ground round steak or beef

1 1/2 c. boiled rice

2 eggs

1/2 tsp. salt

1 c. cracker crumbs

1/2 c. rice water or milk

1 med. onion, diced

2 tbsp. chopped parsley

1/2 small can pimento, diced

Mix all ingredients together. Place in loaf pan. Bake in 375' oven over water for 1 1/2 hours. Serves 8 for dinner or 12 for luncheon.

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TOLLARENE-Mrs. Wilbur G. Webb

2 heaping c. noodles	1 c. grated cheese
1 lb. ground round steak	1 onion and garlic chopped
1 can tomato sauce	1 c. water
1 can whole kernel corn	2 heaping tbsp. shortening
1 can pitted ripe olives	salt & chili powder to taste

Mince and fry onion and garlic until brown, add meat, stir and cook until brown. Add tomato sauce and water (more may be needed) add noodles and cook until noodles are tender. Salt and add chili powder to taste, add more water to keep mixture moist. Add corn and olives. Pour in buttered casserole, sprinkle with cheese, cook 45 min. at 350'. Let stand in oven 15 minutes with heat off before serving.

TUNA CASSEROLE-Mrs. Henry Hepner

1 can tuna	1 can cream of mushroom
1 med. bag potato chips	(soup)
juice of half a lemon	

Put tuna into casserole--oil may be left out if desired. Squeeze lemon juice over tuna. Add can of cream of mushroom soup undiluted. Crush potato chips slightly in bag. Mix all together, and bake at 350' until well heated. (This is a "hurry-up" dish, but is always welcomed by my husband.)

BAKED SPARE RIBS-

Complements of Mr. James C. Powell Jr.

Dice fine the following:

1 apple	1 red pepper
3 large onions	3 cloves garlic
Add the following:	
4 tbsp. vinegar	1/2 c. water
1 bottle catsup	3/4 tbsp. black pepper
1/2 tbsp. salt	1/2 c. brown sugar
juice of large lemon	1 tbsp. Worcestershire sauce
2 tbsp. white sugar	1/2 tsp. paprika
generous cayenne pepper	

Cook all the above ingredients on very low flame until thick. Use 1 lb. leanest spare ribs possible for each person. Remove all possible fat. Rub with garlic, sugar,

salt and pepper. Brown in the broiler and then dry with paper toweling to remove all excess grease. Alternate ribs and sauce in layers. Bake at 350' until meat is tender.

CORN BREAD STUFFING-

Complements of Mr. Tex Gentry

As all of you cooks know, the amount of dressing depends upon the size of the bird into which it is to be stuffed, so if the following recipe seems rather vague as to the quantities, just use your own judgement and taste, but use only the ingredients listed--don't add to or subtract from them except as to quantity. Cornbread--Just as you would make it to serve as a hot bread at mealtime.

2 onions (or 3 depending on amount of dressing required)

2 or more stalks of celery--ground

giblets--cooked and ground

salt and pepper to taste.

Fresh sage--this is a must, if you don't have it growing plant some now. Combine all of the ingredients, moistening with the broth from the cooking of the giblets. This dressing must not be too moist, but moist enough to hold together. If the broth from the giblets is not sufficient, use melted butter and a small quantity of warm milk. Now-stuff the bird-roast and serve--and I guarantee you'll find it tasty, especially if you are from Texas.

DEVILED CRAB-Mrs. W. A. Hege

2 tbsp. flour

2 tbsp. melted butter

2 c. milk

1/2 tsp. lemon juice

1/2 tsp. Worcestershire sauce

1 tsp. mustard

1 hard-boiled egg

2 small onions chopped

1 small can sliced mushrooms

1 1/2 c. crab meat.

Make cream sauce. Add all ingredients. Place in baking dish. Over top sprinkle cracker crumbs and grated cheese. Parsley if desired. Heat in oven until cheese is melted and brown.

and the other... the first... and then...

the first... the second... the third...

the fourth... the fifth... the sixth...

the seventh... the eighth... the ninth...

the tenth... the eleventh... the twelfth...

the thirteenth... the fourteenth... the fifteenth...

the sixteenth... the seventeenth... the eighteenth...

the nineteenth... the twentieth... the twenty-first...

the twenty-second... the twenty-third... the twenty-fourth...

the twenty-fifth... the twenty-sixth... the twenty-seventh...

the twenty-eighth... the twenty-ninth... the thirtieth...

the thirty-first... the thirty-second... the thirty-third...

the thirty-fourth... the thirty-fifth... the thirty-sixth...

the thirty-seventh... the thirty-eighth... the thirty-ninth...

the fortieth... the forty-first... the forty-second...

the forty-third... the forty-fourth... the forty-fifth...

the forty-sixth... the forty-seventh... the forty-eighth...

the forty-ninth... the fiftieth... the fifty-first...

the fifty-second... the fifty-third... the fifty-fourth...

the fifty-fifth... the fifty-sixth... the fifty-seventh...

the fifty-eighth... the fifty-ninth... the sixtieth...

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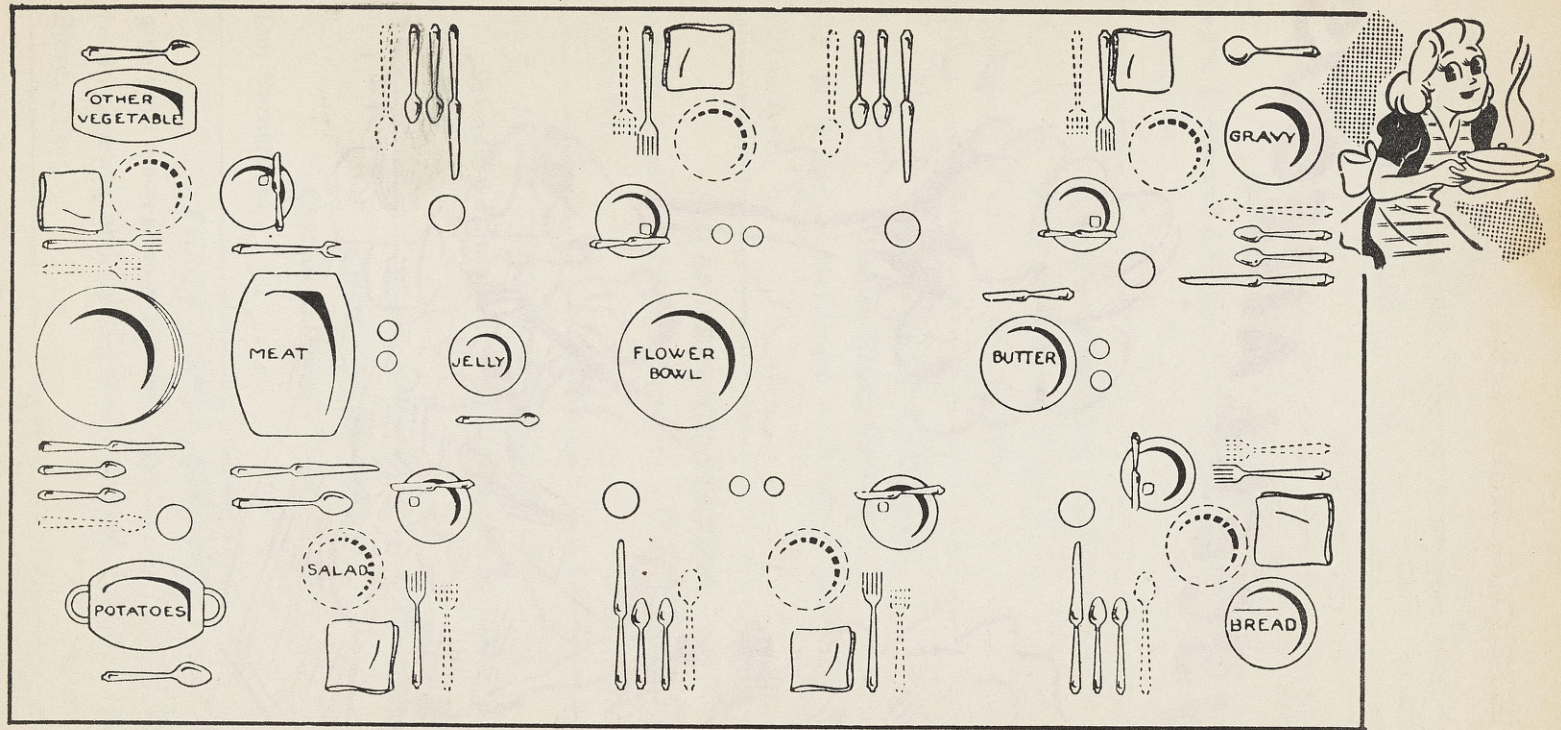
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MISCELLANEOUS



THE CORRECT TABLE SETTING FOR A FAMILY DINNER



The salad fork, the salad plate, and the soup spoon are shown with dotted lines. The salad, the butter, and the jelly are on the table from the beginning of the meal. The beverage is served with the dessert. If the dessert requires a fork, it may be placed before the dessert is served.

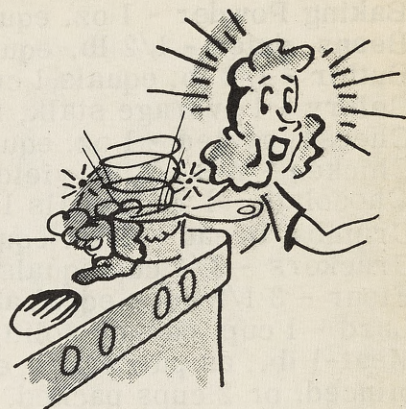
IN TERMS OF CUPS AND SPOONS

Almonds - 1 oz. chopped, equals $\frac{1}{3}$ cup.
Baking Powder - 1 oz. equals $2\frac{1}{2}$ tbsp.
Beans, dried - $\frac{1}{2}$ lb. equals 1 cup.
Butter - $\frac{1}{2}$ lb. equals 1 cup. 1 oz. equals 2 tbsp.
Celery - 1 average stalk, minced, equals 4 tbsp.
Cheese, grated - 1 oz. equals $\frac{1}{2}$ cup.
Chicken - A $3\frac{1}{2}$ lb. yields about 3 c. diced meat.
Chocolate - 1 oz. equals 1 sq. or 4 tbsp. grated.
Crumbs, bread - 2 oz. equal 1 cup.
Crackers - $\frac{3}{4}$ cup equals about 1 cup bread crumbs.
Flour - $3\frac{1}{2}$ cups equal about 1 lb. 4 tbsp. equals 1 oz.
Lard - 1 cup, packed solid, equals $\frac{1}{2}$ lb.
Meat-1 lb., as purchased, equals when cooked, about 3 cups minced, or 2 cups packed.
Nuts - 1 cup shelled equals 4 oz.
Nuts - 1 lb. in shell equals about $\frac{1}{2}$ lb. shelled.
Onions - 1 large, minced, equals $\frac{1}{2}$ cup.
Onions - 1 medium, minced, equals 5 tbsp.
Onions - 1 small, minced, equals 3 tbsp.
Raisins - 1 cup equals 6 ozs.
Rice - 1 oz. equals $2\frac{1}{2}$ tbsp. 2 cups equals 1 lb.
Suet - 1 lb. equals 4 cups chopped.
Sugar, granulated- $\frac{1}{2}$ lb. equals 1 cup. 1 oz. equals 2 tbsp.
Sugar, brown - $\frac{1}{2}$ lb. equals $1\frac{3}{8}$ cups.
10 eggs, average size - equals 1 lb.
2 tbsp. liquid-equals 1 oz.
1 cup cornmeal-equals 6 ozs.
1 wine glass-equals 1 gill.
1 gill-equals $\frac{1}{2}$ c. or 1 tea c.
2 gills-equal 1 cup.
2 cups-equal 1 pt.
2 pts.-equal 1 qt.
16 tbsp.-equal 1 cup.
4 tbsp.-equal $\frac{1}{4}$ cup.
3 tsp.-equal 1 tbsp.
4 salt spoons-equal 1 tbsp.
a speck-equals $\frac{1}{4}$ salt spoon.
Size of a nut-equals 1 tsp.
Size of an egg-equals $\frac{1}{4}$ c.
60 drops-equal 1 tsp.
2 coffee spoons- equals 1 tsp.
2 tsp.-equals 1 dessert spoon.



If it calls for a pinch
don't use a dash,
Instead of dinner
You'll end up with hash.

1 heaping tsp.-equals 3 tsp. or 1 tbsp.
 1 rounding tsp., average dry material-equals 2 tsp.
 1 cooking spoon-equals 1 tbsp.
 1 tbsp.-averages 1 oz. of dry or 2 ozs. of liquid.
 1 heaping tbsp.-equals 4 or 5 level tsp.
 1 fluid dram-equals $3/4$ tsp.
 1 fluid oz. - equals 2 tbsp.
 1 litter - equals 1.06 qts.



HOW MANY CUPS ARE THERE IN A CAN?

No. 1 size weighs 10 ozs. 1 $1/3$ cups.

No. 2 size weighs 1 lb., 3 ozs. - 2 $1/2$ cups.

No. 2 $1/2$ size weighs 1 lb., 12 ozs.-3 $1/3$ cups.

No. 3 size weighs 2 lbs., 1 oz. - 4 cups.

No. 5 size weighs 3 lbs., 8 ozs. - 7 cups.

No. 10 size weighs 6 lbs., 7 ozs. - 13 cups.

A No. 2 $1/2$ can of peaches or pears has 12 to 15 halves.

A No. 2 $1/2$ can of apricots, vary in size, 24 to 40 halves.

The question of measuring matters a lot,
 One cup of rice fills the pot.

EQUIVALENTS

1. One egg is equivalent in leavening power to $1/2$ tsp. baking powder.

2. $1/2$ tsp. soda with 1 cup sour milk is equivalent to 1 $1/2$ tsp. baking powder and will leaven 1 $1/2$ to 2 cups flour. Soda is a dry ingredient and should be added with dry ingredients, some leavening power is lost when added with liquids.

3. 1 cup sweet milk may be substituted for 1 cup sour milk by adding 1 $1/3$ tbsp. vinegar or 1 $1/2$ tbsp. lemon juice. Also, $1/4$ cup grapefruit juice or $3/4$ cup orange juice with water or sweet milk to make 1 cup may be substituted for sour milk.

4. 3 $1/2$ tbsp. cocoa plus $1/2$ tbsp. butter is equivalent to 1 oz. or 1 sq. chocolate.

5. In substituting hydrogenated fat for butter, add $1/2$ tsp. salt for each cup fat.

REMOVAL OF COMMON STAINS

Meat juice stains, fresh milk, or sweet oil use cold water and soap.

Magic Scratch Remover, a commercial preparation can be used on scratches or stains on furniture.

Blood stains: Use cold water, let soak for about 30 minutes then wash with warm soapy water.

Ink stains: Dip the article in melted tallow and when the stain has disappeared you can remove the tallow in boiling soap-suds.

To remove iodine stains, dip in aqua ammonia diluted with warm water while still wet, rub dry carbonate of soda over stains until they are removed.

Fruit stains: Use equal mixture of alcohol and ammonia, after which brush with alcohol.

For removing grass stains, use soap and water, alcohol, tartaric acid, cream of tartar, or salts of lemon.

Use alcohol to remove medicine stains.

For egg stains use cold water and afterwards wash in soap and hot water, if non-washable use alcohol or chloroform.

To bring back the original color of cloth which has been stained by an acid, sponge with ammonia and water following with chloroform.

To remove chewing gum, moisten the gum with carbon tetrachloride and work it off with a dull instrument, while it is still moist.

Pour boiling water through cloth on tea, coffee, cocoa, or fruit stains, until it disappears.

Rust stains, wet with soap suds and place in the sun.

For wheel, tar or pitch grease rub with lard and let stand for one-half hour, then wash in cold water, using plenty of soap.

To prevent mold in ink, paste, mucilage, etc., add a small amount of carbolic acid.

To remove dirt from eggs, cooking utensils, porcelain bath tubs, wash stands and spots on china use baking soda rubbed with damp cloth.

White stains and rings on furniture caused by water or heat or liquor, rub vigorously with camphorated oil.

Ink stains, wash as soon as possible in cold water several times, then soak in sour milk for 2 days, depending on how bad the stain is. If stain still remains, use a solution of oxalic and place in sun.

TREASURED HINTS FOR THE HOUSEWIFE

Tarnish on silver which has been stored for a long time can be removed by soaking in potato water for about 2 hours.

To remove the greenish deposit on copper use a weak solution of ammonia.

If closet or corner is damp and musty place a small pan of lime there and it will keep it dry and odorless. Renew the lime every two or three weeks.

If cream will not whip, add the white of an egg, or a little cornstarch.

In keeping vegetables fresh, place them in a deep dish in about 2 inches of cold water, then take a piece of clean linen, soak it in water, and cover the vegetables, letting the corners of the cloth dip into the water to keep it moist, then place the dish on a window sill where the air will blow over it.

Canned fruits become richer in flavor if opened an hour before using.

Milk will not scorch so easily when heating in saucepan, if you rinse the pan with water first.

Silks may be cleaned with potato juice. Get two large potatoes and grate them into a pint of water, this proportion applying to the amount you desire to use. Let the potato starch settle to the bottom, then pour out the clear liquid and bottle it. Lay silk upon a board, apply the potato juice with a sponge until it is clean. Rinse in cold water. Gasoline may also be used, but should be used cautiously.

To sharpen scissors, cut through fine sandpaper.

To prevent a salad from getting soggy, put a saucer upside down in the bottom of the bowl first, then put the salad on top of it.

Keep brown sugar in a large jar with dried prunes. The prunes keep the sugar from turning hard, the sugar sweetens the prunes.

Marbles can be used as a safety alarm to let you know when the pot is running dry. The marbles, when the water gets low, will make a fearful racket.

If a dish is cracked-but not broken-put it in a pan of milk and boil it for 45 minutes to obliterate the crack and strengthen the dish.

When driving nail into plaster, dip nail into hot water or melted paraffin, this will prevent plaster from cracking.

To remove ring when finger is swollen, place hand in ice cold soap suds for a minute.

To remove string easily from string beans, put in boiling water for five minutes after washing them.

To remove a fish bone from the throat, cut a lemon in two and suck the juice of it slowly. This softens the bone and will give instant relief.

To remove rust from sink, use a soft cloth dipped in kerosene.

Use vinegar to remove rust stains from leaky faucets.

VARIOUS REMEDIES

A pinch of pepper rolled in cotton and saturated in oil will stop earache.

For a toothache use equal quantities of powdered alum and salt and apply to tooth.

To relieve a sprain, bathe and wrap in hot vinegar.

To keep cauliflower or cabbage odorless while cooking, place a piece of bread on top of pan.

Kitchen odors can be removed by placing an orange peel upon the top of the stove while in use.

RECIPES FOR SERVING 50 PEOPLE

COFFEE FOR FIFTY

- 4 full cups coffee
- 9 quarts water

COCOA FOR FIFTY

- 1 1/2 cups cocoa
- 2 cups sugar
- 1/2 teaspoon salt
- 1 quart boiling water
(optional)
- 8 quarts warm milk

CHICKEN SALAD FOR FIFTY

- 6 five-pound chickens
- 1 can pimiento
- 4 teaspoons salt
- 1/2 cup butter
- 4 bunches parsley
- 1 1/2 pounds mushrooms
- 1 pound white sauce

BAKED BEANS FOR FIFTY

- 7 lbs. Navy beans
- 1/3 cup soda
- 3/4 cup molasses
- 1/3 cup sugar
- 1 1/2 teaspoons mustard
- 1 1/2 teaspoons paprika
- 4 tablespoons salt
- 1 1/2 pounds pork
- 2 cups water

MACARONI AND CHEESE FOR FIFTY

- 5 pounds macaroni
- 2 gallons water
- 1/4 cup salt
- 1/2 cup butter
- 6 quarts of white sauce
- 2 1/2 pounds cheese

FOR SERVING ONE HUNDRED PEOPLE

- 20 lbs. hamburger
- 5 large cakes
- 3 gallon vegetables
- 6 dozen lemons, 4 lbs.
sugar,
5 gallons water
- 2 1/2 pounds of coffee
- 6 gallons of milk
- 20 pounds of meat
- 30 pounds of potatoes
- 15 large cans peas
- 4 gallons of soup
- 3 lbs. of butter
- 8 loaves of bread
- 1 1/4 lbs. of olives

- 25 heads of lettuce
- 100 ears of corn
- 50 cantaloupes
- 25 lbs. smoked ham
- 20 lbs. boiled boneless
ham
- 100 ribs of beef (raw)
- 10 lbs. cheese-brick,
American
or Swiss
- 16 qts. of ice cream-6
servings to a brick
- 100 rolls, one to each person
- 17 average size pies
- 50 spring chickens,
serving fowl to each
person

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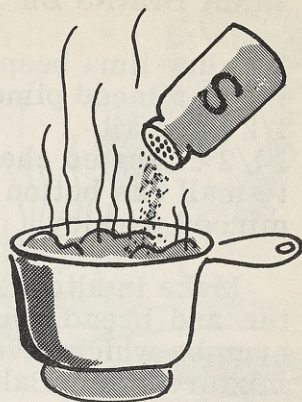


FOR THOSE *Write* IN RECIPES

KARTOFFEL KLOESE (POTATO DUMPLINGS)

6 potatoes
3 eggs
1 c. flour
1 tsp. salt

Boil potatoes, peel and grate. Add to this the 3 eggs slightly beaten. Stir in flour and salt. Mix thoroughly. Mold into small balls, boil 15 min. in left over meat or chicken gravy, or in water, being sure to keep cover on kettle.



Boiled potatoes
need extra savor,
Use salt in the water
get added flavor.

CREAMED POTATOES

2 c. milk	2 tbsp. Mazola
2 tbsp. cornstarch	1/8 tsp. pepper
3 c. diced, cooked potatoes (boiled or baked)	
1 tsp. onion juice (optional)	1/2 tsp. salt

To make the sauce, put the Mazola in a saucepan, add the cornstarch and seasonings and gradually stir in the milk. When boiling, add the potatoes and onion juice. Cook slowly until the potatoes have absorbed part of the sauce.

ESCALLOPED POTATOES WITH CHEESE

1 qt. sliced, cooked potatoes	1/4 tsp. paprika
3 tbsp. Mazola	few grains mustard
3 tbsp. cornstarch	2 1/2 c. milk
3/4 tsp. salt	1 1/2 c. strong dairy cheese put through food chopper

Make a sauce of the Mazola, cornstarch, seasonings and milk. When boiling, add the cheese and stir till dissolved. Oil a baking dish with mazola, put in the potatoes and cheese sauce mixed, cover with bread crumbs moistened with mazola, and bake from 35 to 40 min. in a moderate oven.

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LIMA BEANS DE LUXE

2 c. dry lima beans, cooked
1/2 c. minced pimento
1/2 tsp. salt
1 1/2 c. grated cheese
1 small can button mushrooms sliced
minced parsley
1 1/2 c. thick white sauce
2 tbsp. tomato catsup
2 tbsp. melted butter
1 c. soft bread crumbs

Make in alternate layers, the ingredients except the butter and bread crumbs. Put into baking dish, cover with crumbs which have been mixed with melted butter. Season mixture well. Bake 30 min.

BAKED BEANS

2 c. cooked beans
2 1/2 c. hot water
1 tsp. salt
1/2 tsp. dry mustard
3 tbsp. molasses
2 tbsp. brown sugar
1/4 c. catsup
1/2 onion, grated

1/4 lb. salt pork, sliced

Place beans in a baking dish or bean pot, brown salt pork slightly. Add hot water. Combine remaining ingredients, and add to water and pork mixture, pour over beans. Cover. Bake in hot oven for 30 min. at 450 degrees F. Uncover. Bake 15 min. longer. Serves 6. Salt pork may be omitted if a vegetarian dish is desired.



SWEET-SOUR WILTED LETTUCE

Cut 6 slices bacon in small pieces and fry crisp. Add 2 eggs scrambled with bacon. Take 1/3 c. vinegar,

A well balanced meal
needs beans or peas.
Or some other vegetable
your taste to please.

2 tbsp. sugar and 1 small onion and heat to boiling point. Pour over shredded leaf lettuce and mix well.

CREAMED VEGETABLES

Prepare white sauce. Add 2 1/2 c. diced, cooked beans, diced carrots, turnips, celery, radishes, small whole onions, string beans or cauliflower. If beets are used, add a trace of lemon juice.



Butter can make
such a difference on beets,
They go so well
with most any meats.

HARVARD BEETS

4 c. diced cooked beets
Make the following dressing:

1/2 c. cider vinegar
1/2 tbsp. flour
1 tsp. prepared mustard

1/4 c. sugar
1/2 tsp. salt
1 tbsp. butter

Mix all ingredients and cook over slow heat until thick, stirring constantly. Pour over beets. Serve hot.

BEETS IN SAUCE

Scrub beets, cover with water and cook until tender, put in cold water, remove skins and dice about 2 c. Make the following sauce. Put 1 tbsp. butter in a small pan with 1 small onion, cut up and simmer for 5 min. in butter. Take out onion, add it to the diced beets. Add 1 tbsp. flour to the butter and stir until smooth. Add enough water and cook to a thin sauce, take from fire, add 1 tbsp. vinegar and 1 tsp. sugar. Salt and pepper to taste.

SOUTHERN CABBAGE

Chop medium head of cabbage, put in stew pan, cover with boiling water, boil 15 min., drain off water and add following dressing:

1/2 c. vinegar
1/3 c. sugar
1 tsp. butter
pepper and salt to suit
taste

When boiling hot add 1 c.
of cream and 1 egg beaten
together. Mix thoroughly
with cabbage and serve hot.

CABBAGE COOKED IN MILK

1 1/2 qts. shredded
cabbage
3 c. milk
1 c. cream or rich milk
2 1/2 tbsp. butter
2 1/2 tbsp. flour
salt and pepper to suit
taste

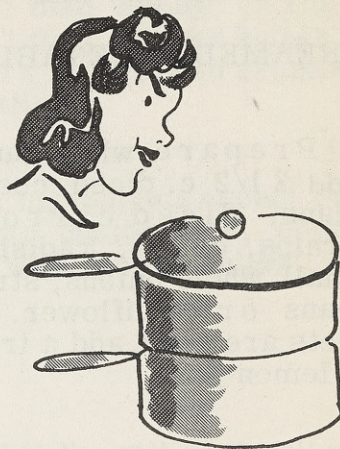
Cook cabbage 5 min. in 3 c. milk. Add 1 c. of cream,
butter and flour and seasoning. Cook rapidly another 5 min.
Can be baked and add grated cheese in alternate layers if
desired.

CAULIFLOWER WITH ALMONDS

1 med. head cauliflower
1 handful salted almonds

1 c. white sauce
paprika or grated
cheese

Trim leaves from cauliflower, leaving 1 in. of stem for
support. Add hot water to cover stem but not touching head,
cover closely and steam until tender, about 25 min. Cut off
stem and place in serving dish. Stick almonds in cauliflower
or cut thin and sprinkle over top, then pour over white sauce.
Sprinkle with cheese or paprika.



Cabbage can be cooked
without the aid of Airwick,
Use double boiler
and cook it real quick.

SWEETBREAD SALAD

1 c. celery (chopped)
1 pair sweetbreads
1/2 tsp. salt
1 tbsp. pure vinegar
1/4 tsp. paprika

Soak the sweetbreads for 1 hr. in salted water. Cook slowly in boiling salted water to which vinegar has been added. Plunge into cold water. When cold remove tough membrane and cut sweetbreads in small pieces. Add celery, salt and paprika and mix with mayonnaise. Serve on crisp lettuce leaves and garnish with asparagus tips which have been marinated in French Dressing. When cucumbers are in season, they may be used instead of the celery and are very delicious.



The right kind of salad
can save the day,
Served as a main dish
or any old way.

CHICKEN SALAD

3 c. cold chicken (cut in cubes)	Spanish Queen Olives
1 1/2 c. celery (cut in pieces)	2 hard cooked eggs
1 tsp. salt	

Combine chicken and celery and add salt. Cut up eggs, reserving 3 or 4 perfect slices for garnishing. Add eggs, to the chicken and celery and mix well with mayonnaise. Mound in salad bowl on bed of crisp lettuce. Cover top with mayonnaise. Garnish with capers, slices of egg and olives.

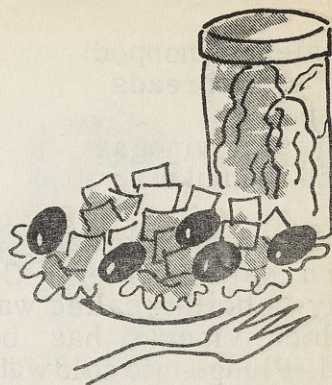
HAM SALAD

3/4 c. cooked peas	3 tbsp. India Relish
2 c. cooked ham (diced)	

Mix ham, peas and Relish together and marinate in French Dressing. Chill thoroughly. Arrange on crisp lettuce leaves and garnish with slices of hard cooked eggs. Serve with Russian Dressing. You'll find that this one never fails to get a vote from the men.

POTATO SALAD

3 c. cold potatoes,
(cubed)
1 tbsp. chopped parsley
1/2 tbsp. chopped onion
1/2 tsp. salt
3/4 c. chopped celery
6 radishes



This makes a grand variation of the popular potato salad. Men vote it a favorite for the Sunday night supper. Mix

potatoes, salt, celery, and parsley. Add enough Salad Cream or Mayonnaise to

moisten well. Put in refrigerator to absorb some of the dressing and become chilled. Arrange in nests of lettuce, top with mayonnaise. Garnish with radish roses and slices of hard cooked egg.

For potato salad at its best,
Use pickle juice for added zest.

DUTCH POTATO SALAD

3 diced cooked potatoes
1/4 c. pure cider vinegar
3 tbsp. sugar
1 tbsp. minced parsley
pepper to taste

4 slices of bacon
1 onion
2 tbsp. water
1 tsp. salt

Cut bacon fine and fry. Brown onion in fat and add vinegar, water, sugar, salt and pepper. Allow to boil, then add potatoes and parsley. Heat thoroughly and serve.

POTATO AND EGG SALAD

4 c. cold boiled potatoes (cut in cubes)
3 hard cooked eggs (chopped)
2 tbsp. chopped parsley
1 1/2 tsp. salt
mayonnaise

1 onion (chopped fine)
1/2 tsp. paprika

Mix potatoes, onion, salt and paprika. Marinate in French Dressing. Chill in refrigerator. Just before serving, add eggs, parsley and enough mayonnaise or Cooked Salad Dressing to moisten well. Pile in crisp lettuce cups. Garnish with strips of red or green pepper, or thin slices of gherkins. Serve with more dressing, if desired.

TOMATO SOUP

Part 1:

3/4 c. diced celery
1 medium onion, sliced

Cover with water and cook until tender.

Part 2:

1 can tomatoes

Heat to boiling point. Add 1/4 tsp. soda, celery, onion and all remaining liquid.

Part 3:

Heat 3 c. milk to a boiling point and add to the above ingredients, 1/2 green pepper, chopped is very good. Season to suit taste.



For soup tonight
fresh tomato,
Then for a change
cream of potato.

CREAM OF POTATO SOUP

1 pt. hot riced potato
1 tsp. grated onion
1/2 tsp. celery salt
1/2 tsp. salt
2 tbsp. cornstarch

1/8 tsp. pepper
1 pt. boiling water
1 pt. milk
2 tbsp. Mazola

Scald the milk, add the water, potato, onion and seasonings and cook for 5 min. Thicken with the Mazola and cornstarch creamed together. Serve with croutons.

CROUTONS

Cut bread in 1/4 in. slices, then in strips and cubes. Put 2 or 3 tbsp. Mazola in a baking pan, stir the cubes in it, dust with salt and bake in a hot oven, stirring occasionally, to insure even browning.

FRUIT CUP SALAD BANANA DRESSING

1 1/2 c. pineapple (diced)
1 1/2 c. cherries (seeded)
1 small banana
1/2 tsp. pure vinegar
1 1/2 c. orange sections
1/4 c. nutmeats
2 tbsp. confectioners
sugar
1/2 c. mayonnaise

Arrange 3 small cup-like leaves of lettuce on each salad plate. In one place pineapple, in another cherries and in the third orange. Any other three fruits may be substituted. Sprinkle with nuts, and garnish with Banana Salad Dressing, made as follows: To mashed banana, add sugar and vinegar. Fold into this Mayonnaise. A few tbsp. of whipped cream may be added to produce a fluffy dressing.



Colorful salads
taste best you know,
Adds to the meal
makes appetites grow.

WALDORF SALAD

2 apples, diced
1/2 c. broken walnut meats
1 c. chopped celery
juice of half a lemon

Squeeze lemon juice over apples and mix with celery and nuts. Add enough Mayonnaise to hold ingredients together. Put in refrigerator until thoroughly chilled. Arrange on crisp lettuce leaves and garnish with curled crisp lettuce leaves and garnish with strips of pimento. This salad may be served also in apple cups. Cut slice from stem end of bright red apples. Scoop out pulp with tsp. of grapefruit knife, discarding core and seeds. Fill the apple shells with Waldorf mixture - the pulp that has been scooped out is cut into small pieces and mixed with the celery and nuts. Serve on lettuce leaves and top with Mayonnaise. Delicious with cold meats.

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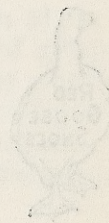
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VEGETABLES * SOUPS * SALADS****

MOLDED TUNA SALAD-Mrs. Peggy Decker

3/4 c. chopped celery 2 tbsp. lemon juice
2 tbsp. grated onion 1/2 tsp. salt
2 tbsp. chopped green pepper
3 hard boiled eggs (diced) 1 tbsp. gelatine
12 oz. white tuna (separated)
1 c. mayonnaise 1 pkg. lemon jello
1 c. cold water

Follow instructions on jello package to dissolve jello. Add gelatine to 1/4 c. cold water. Let stand. Heat remainder of cold water and dissolve gelatine. Cool and fold into mayonnaise. Add all other ingredients and pour into mold. Place mold in refrigerator until hardened. This is a delightful main dish for luncheon. Serves 8.

AVOCADO SALAD RING-Mrs. Ellsworth Cooper

Dissolve:

1 pkg. lime jello in 1 c. hot water. Cool.

Prepare:

1/2 c. chopped celery 2 tbsp. chopped green pepper
2 tbsp. grated onion

Add to the vegetables: 1 or 2 mashed avocados

1/2 c. mayonnaise 1/2 c. whipped cream

Combine with jello and put in individual molds or large ring mold. Unmold on to a bed of endive or lettuce.

Garnish with small amount of mayonnaise and paprika.

CUCUMBER AND CHEESE PARTY SALAD-

Mrs. D. R. Wilkinson

Blend:

4 pkg. cream cheese 2 tbsp. chopped onion

1/2 cucumber chopped fine

Dissolve: 1 envelope Knox gelatine. Follow recipe for lemon gelatine. When partly set, beat to a froth. Add to cheese mixture and blend thoroughly. Place in ring mold. When set, unmold onto lettuce bed. Surround with asparagus tips, quartered tomatoes and deviled eggs. Fill center with favorite mayonnaise. Serves 6 to 8.

ENDIVE SALAD-Mrs. Gerldine A. Blanchard

Cut endive very fine as in cabbage slaw. Let stand in cold water for 2 hours. Squeeze dry and add this dressing.

3 large hot boiled potatoes (mashed)

1 tbsp. butter

1 tbsp. sugar

3 tbsp. vinegar

salt and pepper to taste

Serve immediately.

BLACK CHERRY SALAD-Mrs. Gerald Clancy

1 #2 1/2 can pitted Bing cherries (3 1/2 c.)

1 pkg. orange flavored gelatine

1/3 c. lemon juice

3/4 c. chopped pecans

1 3 oz. bottle stuffed olives sliced

Drain cherries, add water to cherry syrup and lemon juice to make 1 3/4 c. Heat; pour over gelatine and stir until dissolved. Chill until partially set; add cherries, nuts and olives. Pour into individual molds or ring mold. Serve on lettuce with mayonnaise or other salad dressing. Serves 6 to 8.

STUFFED APPLE SALAD-Mrs. George H. Ernsberger

1/4 lb. small red cinnamon candies

6 med. sized apples

12 glazed cherries

12 blanched almonds

12 diced marshmallows

1 pkg. Philadelphia cream cheese

3 slices pineapple, cubed.

Put cinnamon candies in small deep pan. Add 3 c. water and boil for 2 minutes. Pare and core apples. Drop apples into the candy water mixture, let simmer, turning occasionally until tender. Set aside in the candy water to cool. Moisten the cream cheese with 3 tbsp. cream. Add the cubed pineapple, cherries and almonds cut in tiny pieces, and the diced marshmallows. Blend. Fill the cavities of the cooled apples with this mixture. Place apples on crisp lettuce hearts and serve very cold. If you leave the apples in the candy water over night they are more brilliant and absorb more of the cinnamon flavor.

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FROZEN FRUIT SALAD-Mrs. Edith M. Drum

2 3 oz. pkgs. cream cheese

1/2 c. mayonnaise. Blend well with cheese.

Add: 1/4 c. chopped nuts 2 tbsp. chopped green pepper

1 1/4 c. sliced mixed fruits

Fold in:

1/2 c. whipped cream.

Pour into molds and freeze for 3 or 4 hours.

SALAD DRESSING FOR LETTUCE-Mrs. E. G. Prather

1 c. mayonnaise

1/2 c. chili sauce

1 hard boiled egg (diced) 1/2 med. onion (diced).

2 med. sour pickles (diced)

1 pimento (diced)

1/2 small green pepper
(diced)

Mix all ingredients and let stand for a short time before serving on lettuce.

FRENCH DRESSING-Mrs. A. W. Hosmer

1/2 c. sugar

2 cloves garlic (grated)

1 med. onion (grated)

1 c. vinegar

1/2 c. catsup

1 tsp. salt

1 tbsp. Worcestershire sauce

Mix together and let stand 15 min. Add 1 c. salad oil. Shake vigorously before using.

COLD SLAW SAUCE-Mrs. Fred Brigham

1/2 c. cream (canned or sweet)

2 tbsp. vinegar

1/4 tsp. salt

2 tbsp. sugar

Add sugar and salt to cream. Whip vinegar into cream very fast, so it will not curdle. Add to finely sliced cabbage and serve.

FRENCH DRESSING WITH TOMATO SOUP-

Mrs. Seth Colver

1 c. tomato soup

1 tsp. salt

1/2 c. oil

1 tsp. paprika

1/2 c. vinegar

1 grated onion

1/4 c. sugar

1 large clove garlic, grated

1 tsp. dry mustard

Mix well and store in refrigerator.

COOKED SALAD DRESSING FOR SHREDDED CABBAGE-

Mrs. Clyde Price

2 eggs	1/4 c. vinegar
2 tsp. flour	1 tbsp. butter
1 tsp. corn starch	1/4 tsp. dry mustard
1 tsp. salt	1 c. milk
1/2 c. sugar	

Method: Melt butter in top of double boiler, add flour, mustard and salt, cool. Beat eggs well. Add sugar and then add to mixture in double boiler. Add vinegar and lastly milk. Cook until it thickens. If too thick thin with cream, if too thin add more cornstarch. Shred cabbage fine, add salt and pepper and place in icebox to crisp before adding dressing. Serve at once after dressing has been added.

ZUCCHINI SPANISH STYLE-Mrs. Irven G. Reynolds

Melt:

1 tbsp. butter
1 tbsp. shortening in heavy skillet. Add: 1 minced onion and cook until light brown. Add 6 or 8 medium Zucchini squash cut in small slices. Cook until tender. Add: 1 can of shoe peg corn or corn niblets. Add: 1 can of solid pack tomatoes. Season with salt and pepper and a little Oregano. Place in casserole and bake in oven for 1/2 hr. Cheese may be added just before serving. Serves 8 generously.

GREEN BEAN SAUCE-Mrs. J. J. Struck

2 tbsp. prepared mustard	salt to taste
2 tbsp. sugar	2 tbsp. lemon juice
4 tbsp. butter or margarine	2 tbsp. vinegar

Heat all together and pour over hot green beans.

POACHED CABBAGE-Mrs. Edward V. Heffner

1 small head cabbage	1/4 lb. butter or margarine
1 tbsp. flour	1 c. milk

salt and pepper to taste

Shred cabbage fine. Melt butter in heavy pan, add cabbage flour, seasonings and stir until cabbage is well coated with butter. Pour in milk and mix well. Cover pan and cook at lowest heat possible. Do not lift cover or stir

during cooking time of one hour. Cabbage will be white and crisp at end of cooking time. Serves 6.

CORN PUDDING-Mrs. Dora A. Shearer

1 c. cream style corn	1/8 tsp. white pepper
1 c. carnation milk	2 tsp. baking powder
4 tbsp. flour	2 eggs
1/4 tsp. salt	

Add: corn and milk, mix well. Sift: flour, salt, pepper and baking powder together. Add to corn mixture. Separate eggs. Add: egg yolks beaten until thick. Fold in: stiffly beaten egg whites. Place in buttered casserole and bake 35 to 40 min. in a moderate oven.

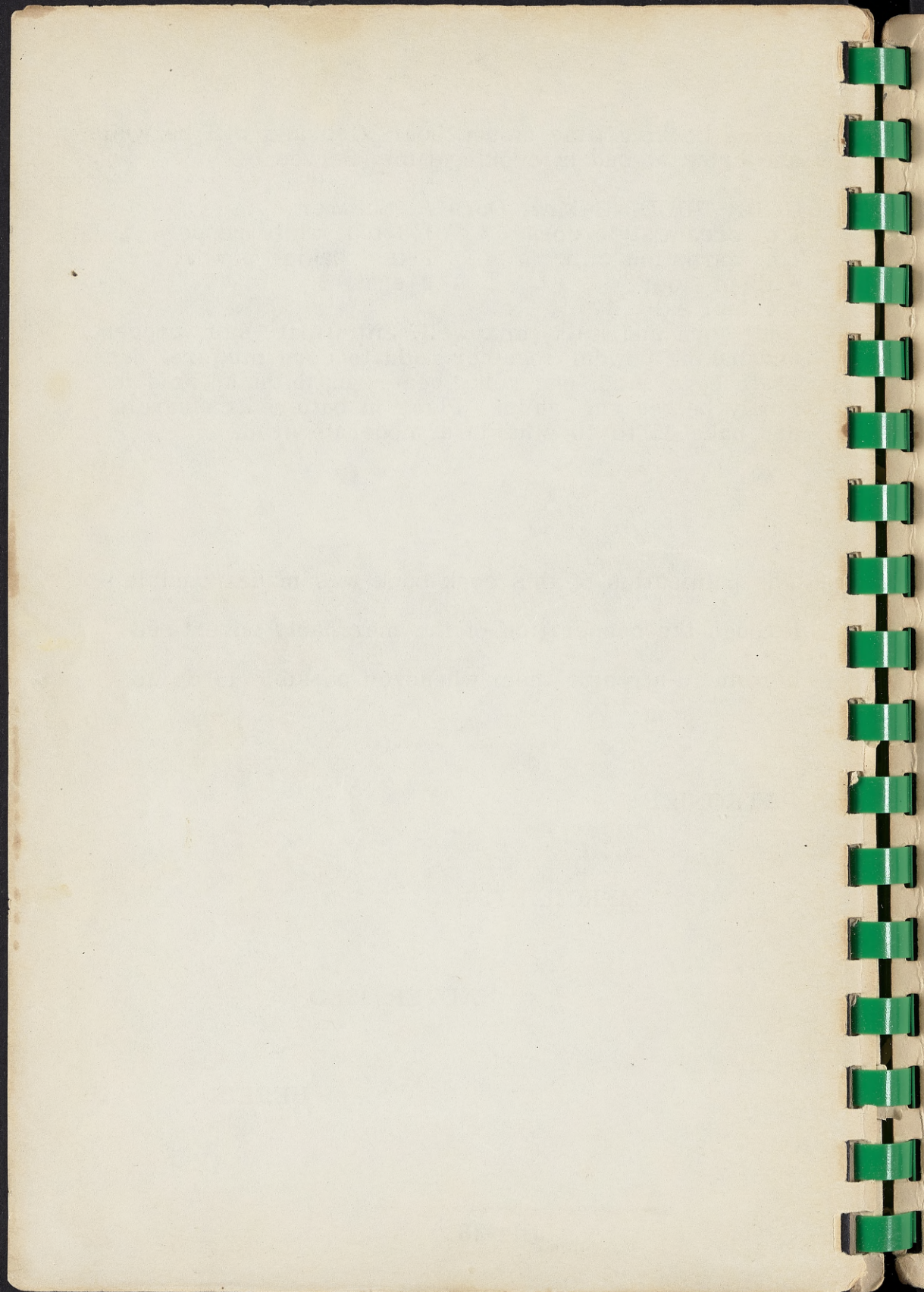
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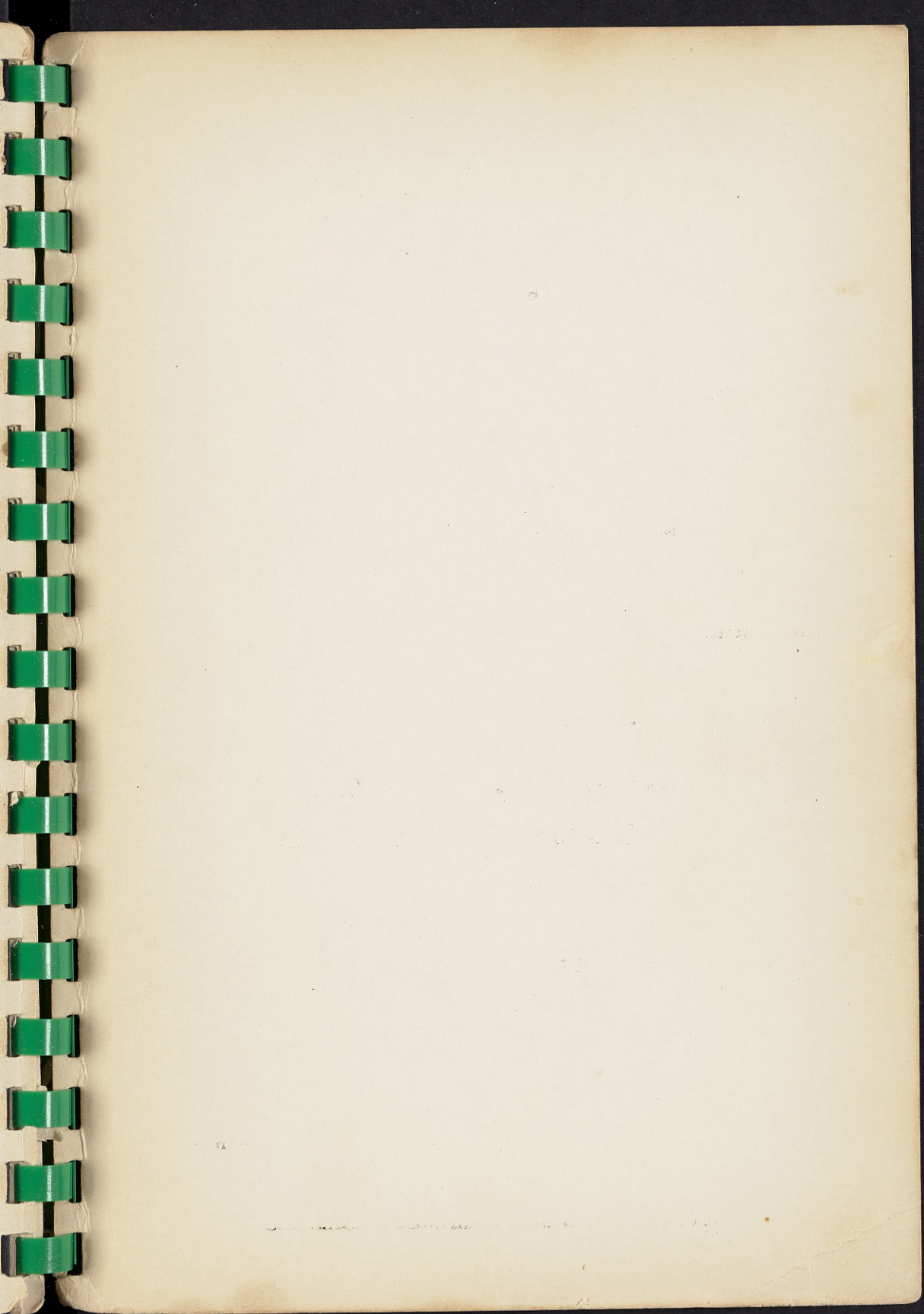
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